

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 82, Issue 8

October 2012

Ord Fra Presidenten...

I have a Danish neighbor and she has a tradition to hang out their Danish flag when anyone in the family has a birthday. I like that tradition. We should adopt the tradition. If you have a Norwegian flag hang it out front of your house to note a birthday in your family.

Join us on Saturday October 13 for "Show and Tell". We want everyone to bring something to share about your Norwegian Heritage. It will be exciting to hear all the wonderful stories from our Norwegian past. We will need to talk at the meeting about the future of our lodge. See the letter included in this newsletter. It is important so please be at the meeting.

Our November Lodge meeting Phebe and I will share about our week at Camp Norge learning how to start to make our Bunads. We will also be making lefsa so mark your calendars now; Saturday November 10.

Ga i fred (Go in peace) - Troann



SONS OF NORWAY

Our next meeting is on Saturday,
October 13, 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.

Join us for our next event, on **October 13, 2012, at 12:30 pm**. We will have lunch then there will be "Show and Tell". We encourage each member to bring items from your heritage to share. We will start our first language lesson too. Join us for the fun.



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:

October

8 – Columbus Day

9 – Lief Erickson Day

10 – Fridtjof Nansen - Born 1861

13 – Lodge Meeting

31 – Halloween

District Calendar

OCTOBER :

6(Sat.) - Peer Gynt #22 – Potluck Lunch/Business Meeting , 12:00 P.M.

13(Sat.)- Peer Gynt #22 – 101 Anniversary Dinner

13(Sat.) - Norrona #50 – Social/Silent Auction

NOVEMBER :

9/10(Fri.-Sat.) Norrona #50 – Lutefisk Dinner (Family Style), 4-8 P.M., both days

10(Sat.) - Peer Gynt #22 – Meatball Dinner/Silent Auction, 5:00 P.M.

10(Sat.) - Ulabrand #24 - Lutefisk Dinner, Nansen Field, 5:30 P.M.

DECEMBER :

2(Sun.) - Norrona #50 – Children’s Christmas Party, 2:00 P.M.

8(Sat.) - Peer Gynt Christmas Party - 5:00 P.M.

8(Sat.) - Ulabrand #24 – Julebord, 5:30 P.M. at Nansen Field

This Month’s Birthdays:



October

2 – Jacqueline Brown

10 – Judy Bohlen

15 – Andrew Sorensen

24 – Drossy Troggle

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

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

September 8, 2012

Following a delicious lunch provided by several members President Troann Loy called the Lodge meeting to order at 2:00PM with singing the three national anthems and the Pledge of Allegiance.

Jessica was presented with a letter and confirmation that she is officially a heritage member from Camp Norge. Jessica gave an audio and visual presentation of her two weeks at Camp Norge and thanked the lodge for helping to make that possible.

Irma is confined to a wheelchair following a stroke several months ago. Thea has been hospitalized with heart and lung problems and is now in a rehab facility. Joan is suffering from a form of Lou Gerhig's disease. Judy has broken her leg.

Dee's word of the day: 'Good friends are the perennial in the garden of life and bloom forever.'

Minutes from June meeting were approved as presented.

Herman's treasurer's reports from June and July were approved as presented.

Troann announced several Norwegian events that are coming up in our area and provided handouts for those wishing to attend.

Pat Patton, President of Ulabrand Lodge, recently passed away.

Jo Ness is now our zone director in place of Ordale Johnson.

Cleone presented membership pins to those belonging to the lodge 5 years and more. Helen - 40 years, Idell - 45 years, Troann and Barbara - 5 years. Others not attending will have theirs mailed to them.

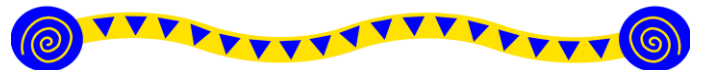
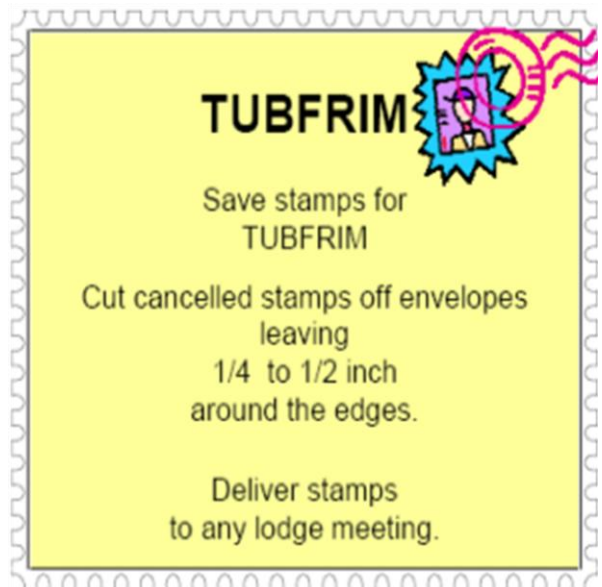
Dee won the 50/50 drawing. \$22.00 with \$11.00 going to Dee and \$11.00 going to the lodge.

Meeting adjourned at 2:25PM Next meeting will be on October 13, 2012.

Respectfully submitted,
Barbara Shepard ~ Secretary



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



2012 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President:	Vanessa Lion	(949) 310-6063
Treasurer	Herman Holt	(562) 429-7638
Secretary:	Barbara Shepard	(714) 962-5857
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:

A Norwegian was hired to operate an elevator in downtown Minneapolis. But he lost his job after the first day. He couldn't learn the route.

What happened to the Norwegian ice factory in the Icebox of the Nation—Bemidji, Minnesota? It had to close when they lost the recipe.

Lena sat down at the lunch counter in Duluth and ordered an entire pie just for herself. "Shall I cut it into six pieces or eight" asked the waitress. "Better make it six," said Lena "I'm on a diet".



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!

Princess Ragnhild has died

His Majesty The King was deeply saddened to receive the news that Her Highness Princess Ragnhild, Mrs Lorentzen has passed away 16 September 2012 at 9:45 am local time.

She died at in her home in Rio de Janeiro in Brazil at the age of 82. She was King Harald's eldest sister. Princess Ragnhild lived most of her adult life in Rio de Janeiro in Brazil with her husband Erling Lorentzen. They have three children.

The Princess was born on 9 June 1930 at the Royal Palace in Oslo, and was the eldest child of King Olav and Crown Princess Märtha.



Art by Fridtjof Nansen. . .



LUTEFISK, LETSE and MEATBALLS

SOLBAKKEN LODGE'S TRADITIONAL DINNER FOR LUTEFISK LOVERS

SATURDAY, NOVEMBER 10, 2012

PLACENTIA ROUNDTABLE

901 N. BRADFORD – PLACENTIA, CA

Doors Open at 3:00 PM:

- CRAFT BOUTIQUE, RAFFLE, AND 50/50 Tickets - On sale
- SEATING - Tables of 8 are available; No tickets at door
- LIVE MUSIC
- NO HOST BAR - Available
- DINNER - At 4:00 – 5:30 PM

SOLBAKKEN LODGE 6-64
SONS OF NORWAY

(Cut here) ----- Registration Form –
(One Seating limited to 112)

Price per Person: \$30.00

Your check is your reservation! For confirmation, enclose a self-addressed stamped envelope.

Name: _____ Phone _____

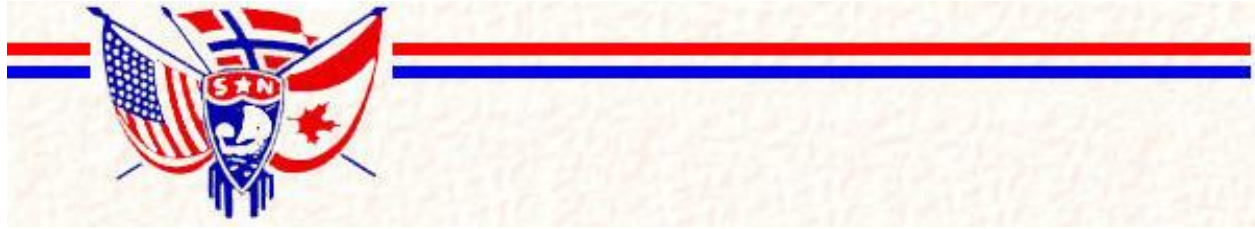
of Guests @ \$30 _____ Amt paid \$ _____ Names _____

TOTAL CHECK AMT. \$ _____

MAKE CHECKS PAYABLE TO: **SOLBAKKEN 6-64**

MAIL TO: Jim Martin, 11301 Weatherby Rd., Rossmoor, CA 90720

FOR INQUIRIES & TABLE RESERVATIONS: 562-596-0004



September 2012

Dear Members,

Our lodge needs your help. A board member has suggested that Fridtjof Nansen Lodge close due to low membership and poor attendance at lodge meetings. We have a total membership of 35 with 9-15 members attending on a regular basis.

We need your input and suggestions. Do you want the lodge to remain open? Do you want to continue supporting a lodge that began on June 5, 1930? Do you want to continue to share our Norwegian heritage and Norwegian culture? Do you want to close our lodge?

If 8 members vote to keep the lodge open and we have officers willing to serve on the board we can continue. We cannot continue with sporadic attendance and limited support. Your vote counts. Please plan to attend the October meeting and voice your opinions and concerns. If you are unable to attend the meeting please call one of the board members.

Troann Loy 714-963-4830

Vanessa Lion 760-687-3818

Herman Holt 562-429-7638

Barbara Shepard 714-962-5857

Cleone Hatwan 562-633-6752

Dee Ronning 562-436-4660

Sincerely,

Troann Mortensen Loy
President
Fridtjof Nansen Lodge #6-009

Rondane National Park turns 50 years old in 2012.

Fifty years ago, the Parliament agreed to establish the country's first National Park, Rondane.

Rondane National Park is located in the Oppland and Hedmark counties. The park was expanded in 2003 and now covers an area of 600 miles. There are ten peaks in Rondane towering over 2000 meters, while Rondslottet stands the highest at 2178 meters above sea level.

50 years ago was the start of Norway's most important natural conservation.

The protection of Rondane is intricately linked to mountain man, Norman Heitkøtter, who initiated the debate on the possibility of nature reserves in the 1950s. It was not the words "National park" that were developed, but it was the landscape that was protected primarily in the interests of reindeer in the area. Later, the establishment of national parks in Norway developed a national system, we now have 41 of them, seven in Svalbard.

Today protection is even more important, and one of our few remaining tribes of wild reindeer is still found in Rondane. But they are challenged by a growing number of hikers. "Increased public traffic will be the largest threat to wild deer in the future", said Heitkøtter, "since the Nature Conservation Act came in power in 1954." From then on, the work has been to protect the first mountain range in Norway.



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

Check it out and let us know what you think.

***Sending Sunshine to our Members:
Remember with your thoughts, prayers,
cards or visits.***



Irma Olson is at home recovering from a stroke.

Thea Kalthoff is at a rehab facility recovering from heart problems.

Judy Bohlen is recovering from a broken leg.

We send you all best wishes for a fast recovery and a healthy rest of 2012.



RHUBARB STICKY BUNS

For the Filling

1/4 Cup Cold Unsalted Butter

1/2 Cup Packed Brown Sugar

1 Cup Chopped Rhubarb (Fresh or Frozen and Thawed) **For**

The Batter

1/3 Cup Softened Butter

1/2 Cup Sugar

1 Large Egg

1 1/2 Cups Flour

2 Tsp Baking Powder

1/2 Tsp Salt

1/4 Tsp Fresh Ground Nutmeg

1/2 Cup Cream

1 Large Egg yolk beaten to blend with 1 Tsp water for the glaze

For the Filling

In a large bowl blend the butter into the brown sugar with a pastry blender until crumbly. Stir the rhubarb into the brown sugar and butter. Divide the mixture evenly into a well-greased 12 cup muffin pan. Do not use muffin papers. Set this aside

For the Batter Preheat the oven to 350°.

In another large bowl combine mix together the butter and sugar until creamy. Once you have a nice soft mixture add in the egg and mix until well combined. In a separate bowl combine the Sugar, Flour, Baking Powder, Salt and Nutmeg. Once well blended add to the creamed butter mixture alternating with the cream.

Spoon the batter mixture into the muffin cups until they are about 3/4 full. Bake for 15-20 minutes until the top of the batter is golden brown.

Remove from the oven, set on a cooling rack and let cool for 5 minutes.

Place your serving dish on top of the muffin pan and flip the two over so that the stick buns fall out onto the serving dish.

Serve while still warm.

**Share your newsletter with a
family member or friend.
Tell them how much fun they will have
being a part of the SONS OF NORWAY.
Check us out
WWW.fridtjofnansenlodge.com**



**SONS OF
NORWAY**

First Class

Fridtjof Nansen #6-009 Long Beach, CA
Troann Mortensen Loy
9062 Kahului Dr.
Huntington Beach, CA 92646
tm4rb@yahoo.com
www.fridtjofnansenlodge.com

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