

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 83, Issue 2

February 2013

### *Ord Fra Presidenten...*

January Lodge Meeting was so much fun having our Zone Director Jo Ness with us. We had a great lunch. Thank you to everyone who brought food.

February Lodge meeting is going to be special. We are going to honor Herman Holt for his 17 years as our Treasurer. He did an amazing job and we want to give him a special thank you.

The meeting will be great fun too. We are going to have a Norwegian cookie exchange. So come with your Norwegian cookies, you story about the cookies.

Join us for the good food and fellowship.

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,

February 9, 2013 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 FEBRUARY 9 AT 12:30 PM. WE WILL BE HAVING A NORWEGIAN COOKIE EXCHANGE. BRING YOUR FAVORITE NORWEGIAN COOKIES TO SHARE. LUNCHEON WILL BE SERVED...**



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.

## Minutes from our Lodge Meeting

### SONS OF NORWAY LODGE #6-009

Minutes January 12, 2013

Following a wonderful lunch provided by Phebe and a celebratory cake provided by Cleone the regular meeting began at 1:30 with 8 members present. Javielsker was sung followed by the Pledge of Allegiance.

Announcements that memorial services have been held for Thea Kalthoff and Russ Johansen. They will both be missed and condolences have gone out to their families.

Jessica's joke of the day: " Why do they bury Norwegians 12 feet down? Because deep down they are really good people!"

Dee's word of the day: "Age is an issue of the mind. If you don't mind it doesn't matter."

Jo Ness joined us to install Phebe as our new treasurer. She is now official and Herman is able to step down after many years of dedicated service.

The meeting was closed singing Norway O Norway and Counselor Herman gave the closing comments.

February Lodge meeting we will have a Norwegian cookie exchange.

After the meeting Troann, Phebe and Herman met to discuss the treasurers responsibilities and transfer the information to Phebe.

Next meeting will be February 9, 2013 at 12:30. Please plan to join us.

Respectfully submitted,  
Barbara Shepard ~ Secretary



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



Happy Groundhog Day

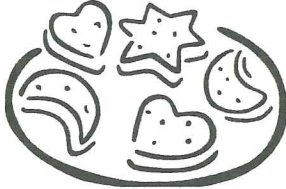
#### 2013 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President:	Vanessa Lion	(949) 310-6063
Treasurer	Phebe Fricioni	(562) 430-5092
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	(562) 429-7638
Greeter:	Jeanne Holt	
Marshall:	Phillip Knudsen	(562) 424-1384
Social Director:	Vacant	
Trustees:	Dee Ronning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

## Calendar - Kalendaren

### February:

2 Groundhog Day  
9 - Lodge Meeting –  
Norwegian Cookie Exchange



12 – Lincoln's Birthday  
13 – Ash Wednesday  
14 – Valentine's Day  
18 – President's Day  
(Washington's Birthday)

### March:

9 – Workshop with Solbakken Lodge  
More details in the next newsletter.  
10- Daylight Saving Time  
(Change your Clocks)

### April

13 – Norwegian Heritage Day

## This Month's Birthdays. . .



### February - Februar

5 – Phillip Knudsen

19-Vanessa Lion

## 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.**

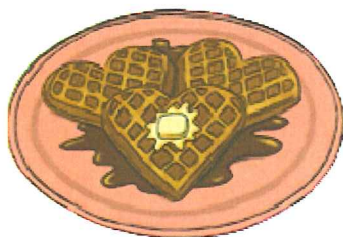


### **Helping you find the path to a secure financial future**

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



### Heart-Shaped Cream Waffles (*Vafler*)

*The Great Scandinavian Baking Book*

Beatrice Ojakangas

- $\frac{2}{3}$  cup all-purpose flour
- 1 tsp freshly ground cardamom
- 3 eggs
- $\frac{1}{4}$  cup sugar
- $\frac{2}{3}$  cup dairy sour cream
- 3 tbsp melted butter
- butter for brushing the iron
- powdered sugar
- jam or fresh berries to serve with the waffles
- whipped cream to serve with the waffles (optional)

The traditional Scandinavian waffle iron makes individual heart-shaped waffles. (*A regular waffle iron may not be as attractive, but the waffles will taste just as good, although they may be slightly thicker and not quite so light.*)

Stir flour and cardamom together and set aside. In small bowl of electric mixer, beat the eggs and sugar together at high speed for 10 minutes until mixture forms ribbons when beaters are lifted.

Sprinkle flour mixture over eggs; stir the sour cream until smooth and add to the mixture, folding until batter is smooth. Fold in the melted butter.

Place the waffle iron over medium heat and heat until a drop of water sizzles on the grid, turning over once to heat both sides. Brush the grids with butter and spoon in the batter. Bake, turning once, until golden brown, then remove from iron and sprinkle with powdered sugar. Serve immediately with tart lingonberry or other jam or fresh berries and whipped cream.

Or, bake waffles in a standard electric waffle iron as manufacturer of the iron directs.

## Celebrating Love!

Cupid, the mischievous little boy with wings and a bow and arrow is the son of one of the most well-known Goddesses of love, Venus. Cupid is the god of desire and affection is recognized by young and old around the world as the mascot of Valentine's Day. He shoots his arrows and pierces the hearts of victims triggering them to fall deeply in love. It all sounds very romantic when the star-crossed lovers meet, but didn't anyone ever think piercing the heart with an arrow was a bit extreme? I suppose he believes that true love is worth the pain and mythological stories of love and war are always a bit mystifying.

It seems only appropriate to acknowledge a Nordic equivalent, the goddess Freya. In Norse mythology, Freya is the goddess of love, beauty, fertility, magic and war. It was said she was the most beautiful goddess of all with long hair of gold and appearing nude to those that followed her. Freya was loved and followed for her beauty and worshiped for her powers in magic and war.

So, if you're going to be celebrating Valentine's Day with a loved one this year, maybe include some Freia chocolate. The Freia Chocolate Company, named after the goddess of love and beauty, is based in Oslo, Norway and sells well known mouthwatering treats like Melkesjokolade, Daim, and Kvikk Lunsj. Enjoy and Have a Happy Valentine's Day!

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

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

## A Bit of Humor. . .

### NORWEGIAN FIRE DEPARTMENT

One dark night outside a small town in Wisconsin, a fire started inside the local chemical plant and in a blink of an eye it exploded into massive flames. The alarm went out to all the fire departments for miles around.

When the volunteer fire fighters appeared on the scene, the chemical company president rushed to the fire chief and said, "All our secret formulas are in the vault in the center of the plant. They must be saved. I will give \$50,000 to the fire department that brings them out intact."

But the roaring flames held the firefighters off.

Soon more fire departments had to be called in as the situation became desperate. As the firemen arrived, the president shouted out that the offer was now \$100,000 to the fire department who could bring out the company's secret files.

From the distance, a lone siren was heard as another fire truck came into sight. It was the nearby Norwegian rural township volunteer Fire Company composed mainly of Norwegians over the age of 65. To everyone's amazement, that little run-down fire engine roared right past all the newer sleek engines that were parked outside the plant.

Without even slowing down it drove straight into the middle of the inferno. Outside, the other firemen watched as the Norwegian old timers jumped off right in the middle of the fire fought it back on all sides. It was a performance and effort never seen before.

Within a short time, the Norske old timers had extinguished the fire and had saved the secret formulas. The grateful chemical company president announced that for such a superhuman feat he was upping the reward to \$200,000, and walked over to personally thank each of the brave fire fighters.

The local TV news reporter rushed in to capture the event on film, asking their chief, "What are you going to do with all that money?"

"Vell," said Ole Larsen, the 70-year-old fire chief, "Da first ting ve gonna do is fix da brakes on dat darn truck."

## Save stamps . . .

Don't forget to save the canceled stamps from your Christmas cards trim them and bring them to Cleone Hatwan at our next Lodge meeting.



## Camp Trollfjell "Camperships"

"Camperships" which are half-scholarships to Camp Trollfjell, the District Six Language & Heritage Camp for youth, are available for the 2013 camp session from Southland Past Presidents' Club (SPPC).

The camp dates are July 7 – 20, 2013, for youth ages 8 – 13, at Camp Norge, near Alta, CA. The SPPC deadline for applying for a "campership" to Camp Trollfjell is **April 1, 2013**.

Campership applicants can be a child, grandchild, or great grandchild of a Sons of Norway member from Zone 5 or Zone 6 in District Six. Applicants **must have already applied to Camp Trollfjell following that application process;** see [www.campnorge.com](http://www.campnorge.com) to apply for camp. Transportation to camp is not included in the camp fee.

If a child is granted a campership, half of the camp fee (the \$375 deposit) will be refunded. The applicant cannot be the recipient of any other scholarship to Camp Trollfjell for the year 2013.

Applications must be made on a **post card only**, stating the applicant's name, age, birth date, telephone number, the reason for wanting to attend camp, and the name of the parent/grandparent member. The post card must be postmarked **no later than April 1, 2013**.

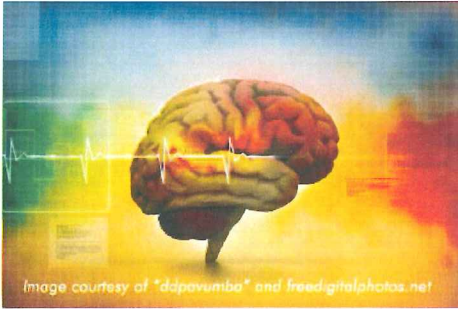
The post card should be mailed to Jo Ness, SPPC Secretary, 2619 Fairway Ave., Montrose, CA 91020. Winners will be determined by a drawing in April, 2013 at Peer Gynt Hall, at the SPPC Spring meeting.





February • februar

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### Language Studies Benefit Brain Growth

Looking to learn a second or third language? Lucky for you, foreign language study will do more than improve your communication; it will also trigger brain growth.

Researchers with the Institute for Human Development in Germany and Sweden's Karolinska Institute and the University of Umeå have discovered that just three months of intensive language learning leads to an enlargement of the hippocampus, the part of the brain that is responsible for language, memory and spatial navigation.

The study was conducted by evaluating the brains of students at the Swedish Armed Forces Interpreter Academy before and three months into completing 13-month courses in languages like Russian, Arabic and Dari. "Although you can't compare

three months of intensive language studies with an entire life as a bilingual person, there's every indication that studying a language is a good way of keeping your brain fit," says Johan Mårtensson, researcher with the University of Lund in Sweden. Researchers also determined that the method and ease of learning also impacted the brains of the students. Students who found it easy to master new languages had the most significant amount of growth in the hippocampus while students who struggled more than their counterparts to master the new language had the highest increases in growth in portions of the cerebral cortex responsible for motor functions. Additionally, it is also suggested that this method of cerebral "bodybuilding" in the hippocampus may have other health benefits, such as reducing the risk of dementia and slowing Alzheimer's.

To get a leg up on learning a new language and triggering your own brain growth, check out two great language programs available to Sons of Norway members. The first one, "Norwegian in 5 Minutes a Month," consists of 37 lessons of simple phrases, written in Norwegian with English translations and pronounced by native speakers. They are all aimed at the beginner level, but they will give you a sense of

what the language sounds like and how it works. The second, newer program is called "Norwegian for Reading Comprehension." As the title indicates, this program focuses on reading for general understanding, rather than speaking or writing. Norwegian for Reading Comprehension shows you how the Norwegian language works and teaches you a strategy for breaking down sentences, paragraphs and passages piece by piece. Since there's so much variation in the Norwegian language, this program includes instruction on the two different forms of the written language as well as tips about reading older texts.

To try either of these programs, just sign into the "Members Login" section of [www.sonsofnorway.com](http://www.sonsofnorway.com).



## *Camp Trollfjell*

*Sons of Norway - District 6  
Language & Heritage Camp*

*Camp Norge - Alta, California*

For Camper & Counselor Applications, visit:

[www.campnorge.com](http://www.campnorge.com)  
Link to Camp Trollfjell

**Registrar:** Carol Lee Solheim  
solheim2636@earthlink.net  
Ph: 530-677-2006  
3570 Vista Grande  
Shingle Springs, CA 95682



**A 14-day Camp from July 7 - 20, 2013**

\$750.00 — postmarked by May 7th  
\$800.00 — postmarked after May 7th  
Ages 8-13 (at the time Camp begins)

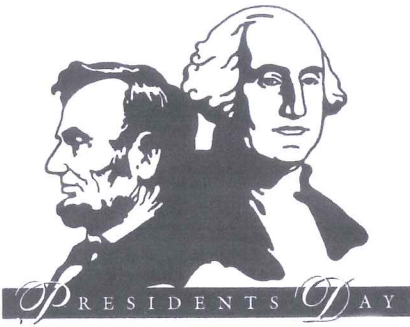
Scholarships are available from District 6, Southern California Past Presidents' Club and many local lodges

### **Learning & Living Your Norwegian Heritage**

Daily Activities Include:



Rosemaling  
Viking History  
Crafts  
Folk Dancing  
Language Lessons  
Foods of Norway  
Building Lasting Friendships



Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.



*The word of the Day by  
Dee Ronning*

*"Age is an issue of the mind. If  
you don't mind it doesn't  
matter."*



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

Troann Mortensen Loy  
9062 Kahului Dr.  
Huntington Beach, CA 92646  
[tm4rb@yahoo.com](mailto:tm4rb@yahoo.com)

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