

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 83, Issue 3

March 2013

Ord Fra Presidenten...

IMPORTANT . . .

OUR NEXT MEETING IS MARCH 9.

THE ROSEMALING ON MARCH 16TH IS CANCELED.

The meeting on March 9th will be fun and informative. Our member Phil Knudsen has a DVD from when the Royal Family of Norway toured the Forges. I know you will enjoy it.

Our meeting in April on 4-13-2013 will be our Norwegian Heritage open house. We need everyone to participate, sign up with Vanessa Lion.

Herman and Jeanne Holt send the Lodge a very nice thank you note for their gift cards and commutative plaque.

Thank you again for all your hard work.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

March 9 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 **March 9, 2013, at 12:30 pm.** We will have great corn beef lunch to celebrate St. Patrick's Day. Our program will be showing a film of the Royal Family touring the Forges.



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

MARCH:

9-Lodge Meeting

10-Daylight Savings Time Begins

(Set clocks ahead one hour)

17- **Happy  St. Patricks Day**

25-Passover Begins

31-EASTER

APRIL:

13-NORWEGIAN HERITAGE DAY

(Open House 12:30pm to 2:30pm)

20-Scandinavian Festival in Thousand Oaks

May:

11-Lodge Meeting

June:

8-Norwegian Trunk Show by our

District Vice Pres. Mary Beth Ingvoidstad

This Month's Birthdays. . .



March

4 - Jessica Lion
5- Jeanne Holt
10- Lyman Lokken
12 - Warren Olson
15-Kirstin Loumeau

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

SONS OF NORWAY LODGE #6-009

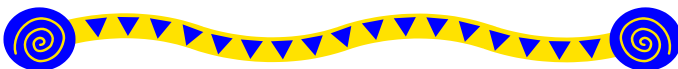
Minutes February 9, 2013

Once again Phebe provided a wonderful lunch for the members of the lodge. We decorated the meeting hall in a Valentine's theme. We had a Norwegian cookie exchange with members making and bringing their favorites. What a wonderful dessert to have after lunch and the variety was great. The bonus was that we all took home samples of each cookie. The regular meeting began at 1:30 with 10 members present. The three national anthems were sung followed by the Pledge of Allegiance.

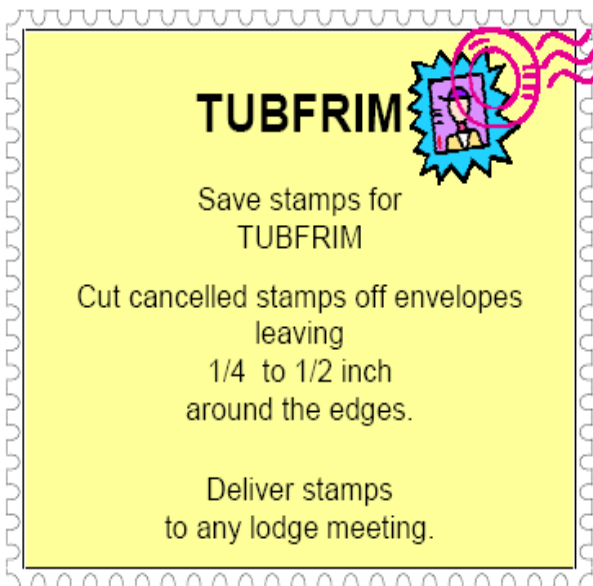
Jeanne announced that Frank Pooler had passed away. We send our condolences to his family. Barbara reported that Helen Krogstad has lost vision in one eye and is also experiencing hearing loss. She will attend the meetings once she gets her hearing adjusted. She is missed.

Dee's word of the day: 'Be nice to everyone you meet ~ angels are everywhere.'

Happy birthday was sung to Phil and Vanessa.



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



Minutes Continued. . .

Minutes from January meeting were approved as presented. Treasurers report for January was approved as presented.

The dual meeting with Solbakken for the Rosemaling workshop has been changed from March 9, 2013 to March 16, 2013. Please mark your calendars. The workshop will be from 10:00 - 12:00 prior to the regular meeting. There is a \$50.00 fee for supplies and materials for those wishing to attend the workshop. The regular meeting will be at 12:30 with lunch provided.

We will be having our open house at the April meeting and hope to attract visitors and potential new members. Plan to attend as there will be lots of Norwegian items to see.

Herman was presented with a plaque acknowledging his many years as treasurer and his dedication to the lodge. Gift cards were presented to Herman and Jeanne, as well. Troann thanked him in a heartfelt speech and Herman thanked the lodge for the gifts and friendships.

Herman, Phebe and Troann met at the close of the meeting to discuss the treasurers responsibilities and procedures. The meeting was over at 2:30 following the singing of 'Norway O Norway.'

Don't forget: The next meeting will be on March 16, 2013.

Respectfully submitted,
Barbara Shepard ~ Secretary

2012 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	

A Bit of Humor

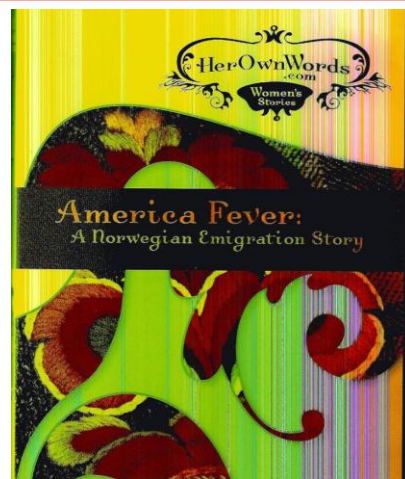
One Word Says It All

Two brothers, Big Ole and Sven, inherit the family ranch. After just a few years, they are in financial trouble. In order to keep the bank from repossessing the ranch, they need to purchase a bull so that they can breed their own stock. Upon leaving, Big Ole tells Sven, "Vhen I get dere, if I decide tew buy da bull, I'll contact yew tew drive out after me and haul it home." Big Ole arrives at the man's ranch and decides he wants to buy the bull. The man tells Ole that he will sell it for \$599, no less. After buying the bull, Big Ole drives to town to send Sven a telegram. Ole walks into the telegraph office and says, "I vant tew send a telegram tew my broder telling him dat I've bought a bull for our ranch. The telegraph operator explains that he'll be glad to help him, then adds, "It's just 99 cents a word. Well, after paying for the bull Big Ole only has \$1 left. He realizes he can send Sven only one word. After thinking for a few minutes, Big Ole says, "I want to send him da vord 'comfortable'." The telegraph operator shakes his head. "How is he going to know what you want him to do if you only send one word?" Big Ole explains, "My broder can't read well. Da word is big. He'll read it slow...com-for-da-bul."

WORD OF THE MONTH . . .

**Anyone can make a mess
Only a fool wallows in it.**

Makes you think...hmmm



June 8, 2013 at 12:30pm Join us for a special program, bring a guest. You will not want to miss Mary Beth Ingvaldstad, our District Vice President, will bring a special program to us. We will first view a DVD, "American Fever", about a young woman leaving her family in Norway forever, to settle in America, Mary Beth will then open her family trunk of memorabilia chronicling the journey they made from Norway to Minnesota and North Dakota.

Learn more about the preparations, the long journeys and the hardships of our forefathers. Please feel free to share the stories of your families.

Our member Frank Pooler,

a longtime choral director at Cal State Long Beach who is credited with helping the 1970s pop group the Carpenters develop their signature sound, has died. He was 86. Pooler died Jan. 19 in his Los Alamitos home after a short battle with lung cancer, said his wife, Rhonda Sandberg Pooler.

Though he was celebrated in the world of choral singing, Pooler was best known for co-writing "Merry Christmas Darling," one of the few modern tunes to join the anthology of holiday standards.

During his 29 years as choir director, Pooler earned a reputation for his exacting standards and unorthodox style, experimenting with avant-garde choral music and translating contemporary Norwegian arrangements that were little-known in the United States at the time.

Annual SPPC Fundraiser at Shaker's Restaurant in Glendale

Every year in March, the Southland Past Presidents Club (SPPC) holds a fundraiser to provide ½ “camperships” to descendants of Sons of Norway members who attend Camp Trollfjell (the Language and Heritage Camp) at Camp Norge in Alta, CA. This Fundraiser is held Tuesday, March 12, 2013 between the hours of 3:00 - 8:00 pm at Shaker's Family Restaurant, 801 N. Central Ave, Glendale, CA.

When you order your meal, tell the server that you are with the Sons of Norway group. 25% of your dinner tab and bakery purchase will go to the SPPC campership fund to assist children attending the 2 week summer camp. Shaker's (not the pizza place) is a family restaurant that serves good home-cooked meals; so bring your family, friends and neighbors. You **don't have to be a Sons of Norway member** to participate. Come and celebrate St. Patrick's Day at Shaker's, eat a great meal, and help our children.

If you can't go, please consider giving a donation! Send donations made out to SPPC to: Mike Sondreaal, SPPC treasurer, 1016 Saxon Place, Thousand Oaks, CA 91360-5347.



The Sami Easter Festival
March 27 – April 1, 2013

The Sami culture is alive even today. The famous Easter festival is an example of this, an annual event with proud traditions. Easter was the time of year when Sami from throughout the region gathered in Kautokeino. They celebrated the end of the long winter and its darkness with religious parties and weddings.

85% of residents in Kautokeino are Sami speakers, and one of three work with reindeer. Kautokeino has the largest reindeer community.

At Easter, the sun has returned, and daytime temperatures are pretty manageable. It is the beginning of the Easter festival. Sami weddings receive thousands of guests, and bryllupsbidosen (stew) is served around wooden table settings. The Kautokeino community kicks off the whole Easter week with a good mix of party, fun, worshiping, cultural and exciting competitions.

Sami Grand Prix is a music competition with participants from all over Sápmi, with two classes of competition, joik and pop music. Joik is a living song tradition that is constantly evolving, so the material is entirely new. The class of pop music moves from joik inspired music to hard rock. Similar to the Eurovision Song Contest the audience decides the winner, so the Sami radio streams live and includes voting from across Lapland. The concert goes on through Easter week is varied and includes Sami rock, jazz and joik inspired music and famous Norwegian artists. Often the country's most famous artist, Mari Boine, performs. The Sami theater there, Beaivváš provides a premiere location.

Nowhere in the world do you get so much Sami culture in such a short period of time during the Easter festival. To visit, however, requires some planning. Kautokeino is reached most easily by car, as there is a shortage of public transportation. Accommodation must certainly be organized in advance. Worth the hassle? Absolutely! See their homepage for this year's program.

Heart-Shaped Cream Waffles (*Vafler*)

The Great Scandinavian Baking Book

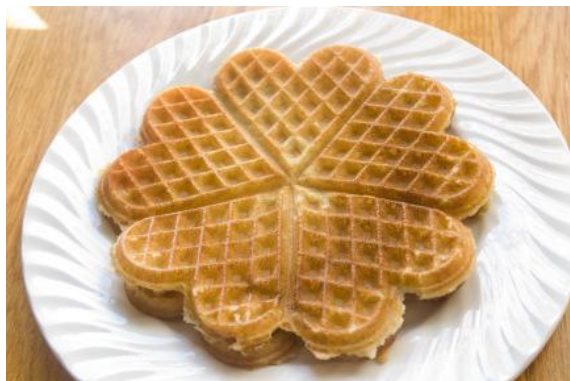
Beatrice Ojakangas

- $\frac{2}{3}$ 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.



Sons of Norway Launches New Website for Youth

In January Sons of Norway announced the official launch of its newest online venture, called NorwayConnects.org. This new unique virtual community was designed to be a place where students, professionals and institutions of higher education can come together for the common good of building innovation in industry and providing opportunities for international exchange. Above all, this web portal will build bridges between North America and Norway. The site is comprised of seven different sections which can help college students and young professional succeed in life, including scholarships, educational opportunities, finding a job or internship, volunteerism and financial literacy. Each section offers young people young people information and resources to help them build a strong foundation for the future.

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.



Solbakken Lodge is planning a Lodge Bus Trip from Placentia Roundtable to Cal Lutheran University and return for Lodge Members and family & Friends as well as other SON Lodge Members such as the Palm Desert Lodge and the Long Beach Lodge for the cost of \$15 per person. Solbakken will return the \$15 for a youth who is a child or grandchild of a Solbakken member upon their paid reservation and attending the trip. Save the date Saturday, April 20, 2013. The bus will depart the Roundtable Parking Lot at 8:00AM and return about 6:00PM. Light snacks and beverages for the journey will be provided. This is a great way to have a wonderful trip to a rewarding venue and beautiful area.

Call Casey or Gardner Obrien for more information: 1 - 714 - 738 5519.



**Scandinavian Festival
At Cal Lutheran
In Thousand Oaks
April 20th and April 21st
Open 10:00am to 5:00pm**



The festival will open with a colorful parade of flags featuring Scandinavian dignitaries and Old World costumes and continue with music, dancing and lectures.
Photo: Erik Hagen

Children 11 and younger will be admitted for free when the family-friendly Scandinavian Festival returns to California Lutheran University in Thousand Oaks on April.

Organizers are eliminating the fee for young children and keeping the price at \$5 for visitors 12 and older in face of the increased economic challenges people are facing.

The event will run from 10 a.m. to 5 p.m. both days with food, entertainment and demonstrations highlighting the Nordic cultures of Denmark, Norway, Sweden, Finland and Iceland.

The 2013 festival will offer more activities for children including crafts, drama and storytelling. It will open with a colorful parade of flags featuring Scandinavian dignitaries and Old World costumes and continue with music, dancing and lectures. A soccer clinic and Scandinavian worship service will be held. Visitors can also explore Viking and Sami Villages, and exhibits on the Nobel and Kavli prizes. Shoppers will be able to choose from a variety of Scandinavian handicrafts and a smorgasbord of Nordic delicacies.

A Swedish-American professor and Norwegian-American administrator started the festival 35 years ago to showcase Scandinavian culture and the CLU campus. The university's founding in 1959 had been the dream of Scandinavian immigrants and it was built on land provided by the son of Norwegian pioneers. The cultural celebration has expanded from 600 participants at the inaugural event to more than 6,000 visitors last year.

For more information, visit www.callutheran.edu/scanfest or e-mail scancenter@callutheran.edu.

Daylight Saving Time Begins . . .



On March 10, 2013



**SONS OF
NORWAY**

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