

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 83, Issue 5

May 2013

### *Presidentens Notater – President's Notes...*

Hello Everyone,

We had a great Heritage Open House, Tusen Takk to everyone who helped. A special Thank you to Phebe Fricioni for going to 12 churches in our area to pass out flyers to advertising our event.

Now it is time to welcome to May. We are going to have a great Lodge meeting in May about Trolls. Phebe and I will get back the night before the Lodge meeting from our week of sewing on our Bunads. We will be high as a kites and ready to share stories about our week.

**DON'T FORGET TO INVITE FAMILY AND FRIENDS TO OUR JUNE 8<sup>TH</sup> MEETING.**

Mary Beth (our District VP) will be here with us to share her "Trunk Show". It will be great.

**We will not be having a Syttende Mai celebrating with Solbbaken Lodge this year. Make sure you remember the Norwegians who fought for Norway's Independence on May 17<sup>th</sup> this year.**

### **Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,

**May 11, 2013 at 12:30 pm at:**

Christ Lutheran Church  
6500 Stearns Avenue  
Long Beach, CA 90815

***Bring a friend!***

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!*

Write this date on your calendar  
**Saturday May 11, 2013 at 12:30 pm.** We will meet our inter Troll. We will have a fun filled program about Trolls. Lunch served first; with program to follow.



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.

## ***Kalender over Hendelser – Calendar of Events***

### **Mai - May**

11 – Lodge Meeting  
Lunch and a program to “Discover your Inter Troll”

12-Mother’s Day  
17 – Syttende Mai  
27-Memorial Day



### **Juni - June**

**8 - Lodges 83<sup>rd</sup> Anniversary Luncheon  
Trunk Show by Mary Beth Ingvaldstad**

16-Father’s Day

### **Juli - July**

No meeting

### **August - August**

No meeting

## ***Denne månedens bursdager - This Month’s Birthdays. . .***



### **MAI - MAY**

**9 – Phebe Fricioni**

## ***Camp Norge. . . .Camp Norway***

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

## Lodge Meeting Saturday May 11, 2013

We are going to have a great fun finding your "Inter-Troll".

Come to learn more about Trolls and how they played a role in Norwegian history and folklore.

Please bring your Trolls to share with us.

Our 50/50 will have 3 Troll gifts for you to win. Make sure you buy a ticket.

Looking forward to seeing you there. . .



**Bring a Troll to  
Share on Saturday  
May 11, 2013 Lodge  
Meeting**



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



### 2013 Officers



President	Troann Loy	(714) 963-4830
Vice President:	Avaliable	
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 Ranning	(562) 490-0801
Historian	Dee Ranning	(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 Ranning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

## *A Bit of Humor. . .*

~ OLE and LENA ~

OLE AND Lena got married. On their honeymoon trip they were nearing Minneapolis when Ole put his hand on Lena's knee.

Giggling, Lena said, "Ole, you can go a little further now if you want to -" . . . so

Ole drove to Duluth.

\*\*\*\*\*

OLE AND SVEN were on their very first train ride. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel.

"Have you eaten your banana yet?"

Ole asked excitedly.

"No, " replied Sven.

"Well don't touch it," Ole exclaimed,

"I just took one bite and went blind!"

## *A Little more Humor. . .*

OLE'S MINNESOTA FIRE INSURANCE

A man and his wife moved back home to Minnesota from Arizona. The wife had a wooden leg and to insure it in Arizona was \$2,000.00 a year!!!

When they arrived in Minnesota, they went to an Insurance agency to see how much it would cost to insure the wooden leg. The agent looked it up on the computer and said to the couple, "\$39.00."

The husband was shocked and asked why it was so cheap here in Minnesota to insure, because it cost him \$2,000.00 in Arizona!!!

The agent turned his computer screen to the couple and said, "Well, here it is on the screen, it says: Any wooden structure, with a sprinkler system over it, is \$39.00."

I always did find the Minnesota logic far superior to most others.



**Little Jack and Jill Horner  
Sat in a corner  
Avoiding the Volunteer list  
When a friendly outsider  
Sat down beside them  
Said "Look at the fun we have missed"  
So Little Jack and Jill Horner  
Peeked out from their corner  
And Lo and Behold, it was true:  
They saw that the ones  
Who had the most fun  
Were those who had something to do:  
So they signed up - Why don't you?  
The Lodge needs your help. . .**

## **The 2013 Recruitment Challenge!**

Help lead the lodge to victory! Throughout 2013, the Sons of Norway headquarters is searching for the top recruiting lodges – and you can help!

What can you do? By recruiting new full dues paying members to the lodge, you help the lodge achieve victory! For every 1% increase in total membership, the lodge will receive 10 points. You can help the lodge earn bonus points by recruiting a new member between the ages of 24 and 55.

If your lodge is interested in competing in the program, but needs some ideas for successful recruitment and retention, be sure to contact Joe Eggers, Membership

Coordinator at (800) 945-8851 ext. 697 or  
membership@sofn.com for more





## Kon-Tiki to Debut in the US

After much anticipation, *Kon-Tiki* will finally make its official US debut. The Golden Globe and Oscar nominated foreign film is sailing into limited release in US theaters on April 19. The film made a splash in Norway on August 24 of last year achieving the title of highest-grossing film of 2012. After premiering in Norway the film received critical acclaim at some A-list Film Festivals in Toronto, New York and Portland and now it's time to share *Kon-Tiki* with the world. Fans across the globe have anxiously awaited the film's reveal and with the arrival of spring it's finally here.

Joachim Rønning and Espen Sandberg, the co-directors that brought us the epic WWII story of *Max Manus*, bring this 1947 true story to life by capturing the adrenaline and passion of a man who followed his vision.

One of the biggest challenges that faced the cast and crew was filming the movie in two different languages. *Kon-Tiki* filmed both English and Norwegian versions at the same time in order to gain success in the international film market. In a recent interview with *The New York Times*, director Joachim Rønning commented by saying, "We needed to do that in order to get it financed, and it was rather daunting going into it. We shot each scene with a double camera setup, first in Norwegian, a couple of takes, and then a couple of takes in English."

*Kon-Tiki* is based on the real life story of Thor Heyerdahl, born in Larvik, Norway in 1914. Heyerdahl was passionate about animals and history at an early age and studied zoology at the University of Oslo. He traveled to the Polynesian Islands in the South Pacific and became fascinated with the early migration of the native settlers. He came up with the theory that Polynesian Islands were originally inhabited by the people of South America. However, the only way he could prove his theory was to test it himself by constructing an authentic balsa wood raft, naming it *Kon-Tiki*. Along with a crew of five, Heyerdahl set sail from Peru in 1947. Against all odds Heyerdahl and his crew spent 100 days braving storms, living with the creatures of the sea and suffering the elements on a journey of more than 4,300 nautical miles to reach land in Polynesia. The *Kon-Tiki* expedition was truly a remarkable experiment, one that will be remembered in books and films for years to come.





# Syttende Mai – Constitution Day

Last updated: 4/5/2013 // Every year on May 17 Norwegians fill the streets with cheers and flags in celebration of Norway's constitution adopted in 1814. School children, many wearing national costumes, march in parades to the beat of thundering bands, and a resounding "Hurrah for the 17th of May!" can be heard throughout the day.

The May 17 celebrations vary from place to place, but usually follow a traditional pattern that makes this the highlight of the year for most Norwegian children. A must in the celebrations are the children's processions, made up of school classes marching with the school band through the local community. Most of the children carry small Norwegian flags and the route is lined with enthusiastic onlookers. Dressed in their best, the children then engage in games and activities, and for many this is the one day of the year where the supply of ice cream and hot dogs is endless.

## **Dress**

Most people dress in their best spring clothes, with a Norwegian flag or May 17 ribbon pinned to their lapel. It has become increasingly popular to wear the national dress, the bunad, on this occasion. The bunad varies in appearance from region to region and the magnificent sight of national costumes from all over the country is one of the reasons why this day truly represents a celebration of Norwegian tradition and history.

## **Food**

May is the month when spring really blooms in Norway, and this influences the menu chosen for the day. While hot dogs and ice cream are popular with the children, the adult population often stick to cured meats, sausages, traditional sour cream porridge and many throw barbeques. Desserts and cakes are a must, and many schools and families give breakfast parties before the procession starts.

## **The "russ" celebration- ending 13 years of school**

The 17<sup>th</sup> of May is also the day pupils in their last year of upper secondary school celebrate the end of 13 years of school, even though many still have to pass final exams. They call themselves "russ" and illustrate their standing through colourful overalls depending on their line of study. High spirits are the norm and the festivities usually last day and night. Many transport themselves around town in self-decorated buses and vans with slogans and booming music.

## **17 May outside Norway**

Many Norwegians and people with Norwegian roots living abroad also celebrate Norway's constitution day. Several Norwegian seamen's churches, embassies, student associations and other Norwegian institutions organize processions similar to those held in Norway.

## **History**

Norway adopted its constitution in 1814, and it is this event that is celebrated 17 May. The Norwegian Parliament, the Storting, held the first 17 May celebrations in 1836, and from then on the day was regarded as the national day. The first children's procession was held in 1870. Since 1906, the Royal Family have gathered on the balcony of the Royal Palace in Oslo to wave to the children marching by.

**Let's Celebrate the 60th Anniversary of  
SOLBAKKEN Lodge – 1953 to 2013**

Our Wednesday, June 5th Lodge Meeting at the Roundtable will feature a catered Salmon Dinner along with Kriss Larsen and Trio for traditional Norwegian musical entertainment. This promises to be an event not to miss. The dinner will include a cold table of Norwegian Cheeses, crackers, Pickled Herring and Vegetable Dips. We will begin the meal with a traditional "Aquavit" Toast and include Table Wines for your enjoyment. The savory meal includes a Filet of Salmon, Red –skin Potatoes, Asparagus, Creamy Slaw Salad, Picked Sliced Beets and Marinated, Sliced Cucumbers. To finish the dinner we will have a delicious Strawberry Cake. You do not want to miss the musical entertainment, the recollection of Solbakken 60 Years of history and the recognition of member Longevity Awards.

Our Lodge is subsidizing the cost for this event. All Sons of Norway members, their family and guests will pay the same amount: \$25.00 each (half of the actual cost). Reservations are needed with the receipt of your check for those attending. Below is a form to be used to submit your reservation. Seating will be arranged according to the order received and tables of eight (8) can be formed upon your request and paid reservation. Space is limited and NO tickets will be sold at the door! This offers you an opportunity to invite family, friends and prospective members to a grand event at Solbakken Lodge. Reservations must be received by Wednesday, May 29, 2013.

\*\*\*\*\* Cut Here \*\*\*\*\*

Reservation Form for the Anniversary Dinner  
Wednesday, June 5, 2013, 6:00PM, Placentia Round  
Table, 901 N. Bradford Ave., Placentia  
DEADLINE IS WEDNESDAY, MAY 29, 2013

Number of persons @ \$25.00 each \_\_\_\_\_

Total submitted \_\_\_\_\_

Names of attendees:

\_\_\_\_\_  
\_\_\_\_\_

Mail your completed reservation form to: Ginnie  
Wilcox, 7885 E. Garner Street, Long Beach, CA 90808  
For information call: Ginnie Wilcox @ 562 596 5616  
or Janice Stocz @ 562 944 4876

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

Check out our website. . .

We are working on fixing the website  
right now and hope to have it fixed  
soon. We are sorry about the  
inconvenience.



**Veiled Peasant Girls (Tilslørte bondepiker)**

Authentic Norwegian Cooking  
Astrid Karlsen Scott

- ½ lb. apples
- ½ cup water
- 3/8 cup approx. sugar
- 2½ tbsp. butter
- 2 cups white bread, dried and ground
- 3/8 cup sugar
- 1½-2 cups heavy cream
- ½ tsp. pure vanilla extract

Peel and core apples, and cut in wedges. Cook in the water until tender. Be careful not to scorch. Add sugar to taste. Stir to the consistency of applesauce, but leave a few whole bits of apple. Cool.

Melt the butter or margarine in a frying pan. Add the bread crumbs and sugar. Mix and brown over medium heat. Turn constantly with a spatula as they brown. The bread can easily be burnt if it is not stirred all the time. The crumbs should be a light caramel color. When done spread on platter to cool.

Whip cream until firm and glossy, adding a little vanilla if desired. Layer bread crumbs, applesauce and whipped cream in a glass bowl.

# CELEBRATE MEMORIAL DAY

May 25, 26, 27, 2013  
at CAMP NORGE



The Recreation Center Board welcomes you to Camp Norge for three-day camping experience at your own recreation center

If you do not have a tent or RV, call camp at (530) 389-2508 for a room.

We will have food service for you for the weekend served from Heritage Hall. The swimming pool will be open. The horseshoe pit is available. There will be a Craft Fair on Saturday afternoon and meadow games on Sunday afternoon. There will also be field trips led by Recreation center Board members. Explore the area on your own, join a field trip, or just relax and enjoy the beauty of nature. This is a great opportunity to really get to know your fellow District 6 lodge members.

***For Menus and Events for the weekend, go to this website—[www.campnorge.com](http://www.campnorge.com)***

***PRE-REGISTRATION OF YOUR MEALS IS NECESSARY TO ALLOW US TO PURCHASE THE CORRECT AMOUNT OF FOOD.***

**Registration Deadline:** May 17 2013. (Make check payable to **Camp Norge**)

**Mail this form & check to: Vale Hanzel, 18505 Sentinel Ct., Hidden Valley Lake, CA 95467**

-----MEMORIAL DAY

## WEEKEND 2013

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

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

### Meals you wish to purchase:

Saturday Brunch Adult(s) \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 \$ \_\_\_\_\_

Saturday Dinner Adult(s) \_\_\_\_\_ x \$10.00 \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_

Sunday Brunch Adult(s) \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 \$ \_\_\_\_\_

Sunday Dinner Adult(s) \_\_\_\_\_ x \$10.00 \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_

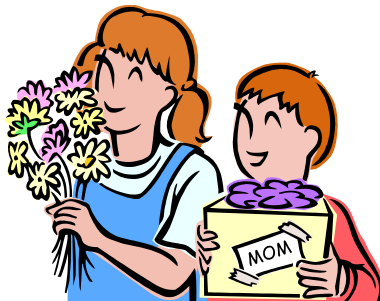
Monday Breakfast Adult(s) \_\_\_\_\_ x \$5.00 \$ \_\_\_\_\_ Children \_\_\_\_\_ x \$2.50 \$ \_\_\_\_\_

Package for meals for adults \$32.00

Package for meals for children \$15.00



*May 12, 2013 - Mother's Day  
Thank a mother!*



## **Memorial Day May 27, 2013**



**Do not let them be forgotten.**



**SONS OF  
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

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

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