

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 83, Issue 6

June 2013

Presidentens Notater – President's Notes...

We had so much fun learning about Trolls at the last meeting. A special thank you goes out to Johan and Sylvi Olsen for bringing many of their Trolls and sharing the history of trolls.

Our June 8th Lodge meeting is one you will want to bring your friends to. Our District Vice President Mary Beth Ingvolstad will be with us to share her trunk show.

We will not have lodge meetings in July or August. We will be back in Sept 14, 2013. Mark your calendars so you will not miss a thing.

At the writing of this letter, Jeanne Holt is healing from ankle surgery. She broke both bones in her ankle. She is in physical therapy. Jeanne gets well soon; we want you back on 2 strong feet as soon as possible.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

June 8, 2013 at: **12:30pm**

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!

Mary Beth Ingvolstad has her trunk show on the road and will be with us on Saturday June 8, 2013. This will be a meeting you do not want to miss, as Mary Beth shares the stories of Norwegian immigrants coming to America.



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

June – Juni

- 6 – Solbakken's Anniversary Dinner**
(see article inside)
- 8 – Lodge Meeting**
- 16 – Father's Day**



July – Juli

**NO LODGE MEETING
4TH OF JULY**



August – August

NO LODGE MEETING

September – September

14 – Lodge Meeting

Denne månedens bursdager - This Month's Birthdays. . .



June - Juni

- 8 – Joan Brown
- 15- Patricia Lampe
- 15- Fuman Risa
- 19 – Idell Mc Donough

July – Juli

- 7- Berit Bode
- 18- Roni Lion

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.

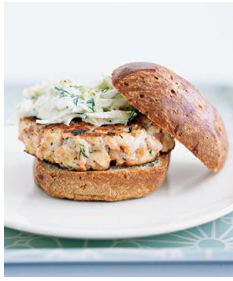


Helping you find the path to a secure financial future

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



For the Salmon Burgers

- 1 ½ to 2 lbs. of ground salmon fillet
- 1 cup fine dried bread crumbs
- 1 small cucumber, peeled, seeded and chopped
- 4 large shallots, chopped
- ½ cup chopped fresh flat-leaf parsley
- 6 onion rolls, split

For the Vegetable Slaw

- 6 cups finely shredded mixed green and red cabbage
- 2 carrots, shredded
- 1 red bell pepper, seeded and chopped
- 3 green onions, both white and tender green portions, chopped
- 1 cup mayonnaise
- ¼ cup cider vinegar
- 2 tbsp. sugar
- 2 garlic cloves, minced
- 1 tsp. whole-grain mustard
- salt and pepper, to taste
- ½ cup pine nuts

To Make the Vegetable Slaw:

In a large bowl, combine the cabbage, carrots, bell pepper and green onions. In a small bowl mix together the mayonnaise, vinegar, sugar, garlic and mustard to create the dressing for the slaw. Combine the salad and dressing mixture, mix well. Season to your taste and refrigerate for up to 3 hours. Prior to serving, toast the pine nuts and add them to the salad. Toss lightly one more time.

To Make the Burgers (Serves 6):

Combine the salmon, bread crumbs, cucumber, shallots and parsley and mix together gently, making sure all ingredients are thoroughly mixed. Divide the salmon mixture into 6 equal portions and shape into a patty about 3 inches in diameter and 1 inch thick. Refrigerate covered on a plate until ready to grill.

Prepare your grill for direct grilling at medium-high heat. Lightly oil the grill rack or grill pan. Place the patties on the grilling surface over the hottest part of the grill. Cook the patties for about 5-6 minutes per side, turning the patties once. Test to see if the patties are done with a sharp knife. Right before the burgers are done place the bun halves on the grill cut side down and toast lightly.



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 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. . . litt humor

ONE FINE spring day Ole took Lena for a drive in his brand new car. As they were driving through town, a policeman pulled them over and told Ole that he was doing 50 miles an hour in a 30 zone.

"Oh, no," Ole protested violently, "I was only doing thirty, officer."

"Fifty," replied the policeman.

"I clocked you."

At that point Lena in the back seat tried to be helpful and spoke up. "Officer, you shouldn't argue with Ole when he has been drink'n.

June 14, 2013

Flag Day



Norwegian Name Days

In Norwegian culture, a person's name day is a day of the year that according to an almanac is dedicated to their first name. The tradition of celebrating a name day comes from the early Christian church, evidently to reduce the significance of celebrating birthdays, which was considered a heathen practice. The original name days were taken from a list of Catholic saints and martyrs from the Middle Ages. Even though the religious basis for saints' days fell away after the Reformation, the practice was retained in folk tradition. From about the middle of the 18th century until early in the 1900s these name days were published in almanacs. By 1912 both the names and the traditions surrounding them had died out in Norway. Name days had little meaning in Norway during the 1900s, while growing in popularity in Sweden. This generated a certain amount of attention in the Norwegian media during the 1980s, and in 1988 a new calendar was published that included name days.

For every date in the year except January 1st, February 29th and December 25th, two names were chosen, based on statistics for names from the period 1900-1982. About 125 of the names from the old name day calendar were reintroduced on the same dates as before. A few names were assigned to dates connected to historical figures with the name. Examples of this are Snorre, which was assigned to September 23rd, the birth date of Icelandic saga scholar Snorre Sturlason, and Håkon and Maud, which were both assigned to June 21st, the date of the coronation of King Håkon VII and Queen Maud in 1906.

Today the tradition is well-known in Norway. You can look up your own name day at

<http://www.nordicnames.de/wiki/>

Membership in Sons of Norway definitely has its benefits! For example, in belonging to the largest Norwegian organization in the United States, you have exclusive access to a variety of cultural and financial benefits, including the Sons of Norway Signature Visa and Business Rewards cards. Not only does having one of these Sons of Norway branded cards show your pride in your heritage, but they also offer you ease, flexibility and a variety of benefits for cardholder. In addition to a **\$50 Statement Credit** when you spend \$200 in the first 90 days¹, cardholders also get:

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

**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 _____

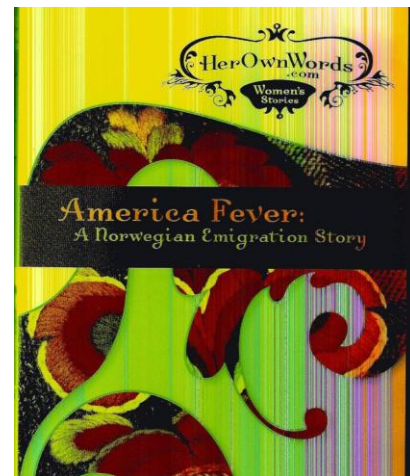
Names of attendees:

*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

Check out our website. . .

It is working great now.



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 than 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. Invite a friend.



SAVE THE DATE - - - October 11-13, 2013 - - -Southern California Kretsstevne – SCK

Another new SCK adventure in Oak Glen, CA, Southern California's largest apple growing region. SCK will be held during the height of apple harvest season, and there is much to see and do in the area www.oakglen.net. Oak Glen is at 5200' elevation, about 8 miles north of Beaumont/Highway 10. The SCK event will be held at Camp Yolijwa, part of Lutheran Retreats, Camps & Conferences (LRCC). Lodging will include a small two story on-site "hotel," several dormitories, and space for RV dry camping. Traditional and new activities are planned for the weekend.



**SONS OF
NORWAY**

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www.fridtjofnansenlodge.com

www.sofn6.com

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