

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 83, Issue 7

September 2013

Ord Fra Presidenten...

Here we are summer is almost over and school is starting soon, where does the time go? I am excited that we are getting ready to have our September Lodge Meeting.

We have a great opportunity to learn the **Norwegian Art of Chip Carving**. Luella Grangaard is coming all the way from the Palm Desert lodge to teach us. This is one of the Cultural Skill programs the Sons of Norway sponsors.

Everyone is welcome. If you want to participate in the Chip Carving see the flyer inside for supplies you need to bring. If you need a chip carving knife call me and let me know by Monday 9/9/2013. Phebe is going to go to the store in Stanton and buy knives we need.

If you do not want to carve come and watch; it will be an informative meeting with lunch served.

We are meeting early so mark your calendars 9/14/13 at 11:00am to 3:00pm.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday, **September 14,**
at **Special time - 11:00 pm**

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
September 14, at **11:00 pm**. We will
learn how to do Chip Carving with
Luella Grangaard from Solskinn
Lodge. It is going to be great fun to
learn this Norwegian Cultural Skill.
See details inside.



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

September

2 – Labor Day



14 – Lodge Meeting – Learn Chip Carving



22 – First Day of Fall



This Month's Birthdays. . .



August

1- Dorothy McKinley

9- Askel Anderson

September

2- Joan Dirksen and Helen Krogstad

28 – Troann Loy

30- Herman Holt

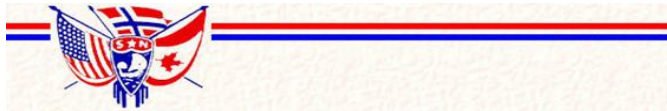
Camp Norge. . .

Sons of Norway Recreation Center
2560 Canyon Mine Road (P.O. Box 622)
Alta, CA 95701
Telephone: 530-389-2508
campnorge@yahoo.com

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.

Camp Norge News

Camp Norge is open now on a full schedule until November. So take some time now and plan your trip up there. Call soon because the weekend's fill up fast, but there are plenty of openings during the week.



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

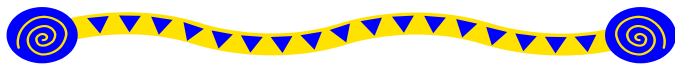
Fax: 818-905-5785

Norwegian Rhubarb Pudding


Adapted from Food.com, makes 6 servings

- 1¾ cups water
- ¾ cup granulated sugar
- 1½ lbs fresh rhubarb, cut into ½-inch pieces
- ¼ cup cold water
- 3 tablespoons cornstarch
- ½ teaspoon vanilla extract
- 1 cup chilled whipping cream
- 2 tablespoons granulated sugar

Bring water and sugar (¾ cup) to boiling, stirring occasionally. Add chopped rhubarb and simmer uncovered for 10 minutes, or until tender. Mix ¼ cup of cold water with the cornstarch and add to the rhubarb. Bring to a boil, stirring constantly. Continue to boil and stir for an additional minute, then add vanilla extract. Pour into serving dishes or bowl and cover. Refrigerate. Beat whipping cream and 2 tablespoons of sugar in chilled bowl until stiff. Pipe through decorator's tube or spoon onto top of pudding.



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

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.

Largest Cod in the World Caught in Norway

Imagine getting a bite on the end of your fishing line just minutes before heading in from an unsuccessful day of fishing. For any fisherman it is a thrill. After struggling to reel in the fish for 30 minutes, imagine pulling up the largest cod ever caught in the world. That is exactly what happened to German angler, Michael Eisele in Sørøya, Norway. Eisele, a 44 year old managing director at a tackle manufacturer in Kiel, Germany. was on a fishing trip with his party when at the end of their day they pulled in a 103 pound cod: a world record catch. The last fish to hold this record was caught in 1969 off the coast of New Hampshire and weighed just 5lbs lighter at 98lbs. The cod put up quite a fight and Eisele began to shake at the knees by the time the fish broke the water. His friends had to help him pull the record breaking fish on board. It was so big, measuring 5 feet in length, Eisele struggled to hold it up in his ceremonious picture. This new record breaking fisherman is taking it all in and is proud of his amazing catch. He decided to donate the big cod to the Norwegian Fisheries Museum in Bergen to have it stuffed and mounted. Although he is giving up his prized fish he hasn't forgotten to submit his application in to the International Game Fishing Association in order to make his world record official. The fish was caught in the Norwegian waters of Sørøya, the fourth largest island in Norway. With great fishing in this area, fishing trips take groups out for both fresh or saltwater adventures. Eisele knows he got a fishing trip he will never forget in these northern waters, "It was an indescribable feeling. It was a fish of a lifetime."

2012 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President:	Phebe Fricioni	(562) 430-5092
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...

Ole and Sven went fishing one summer and decided to rent a boat from the resort instead of fishing from the shore.

They rowed out a ways and started to fish.

They caught one fish after the other.

Ole says to Sven, "I wish we could mark this spot. It's the best fishing I've seen since I was a boy."

Sven replied, "I got some chalk in my tackle box, so why don't I put an X right here on the bottom of the boat?"

Ole laughed, "You goofy brother of mine...What if we don't rent the same boat next time."

North Dakota's worst air disaster in history occurred today when a Cessna 152, a small two seater plane, crashed into the Norwegian Lutheran cemetery early this morning.

Ole and Sven, working as a Search and Rescue Team, have recovered 826 bodies so far and expect that number to climb as digging continues.....



Tubfrim

Please remember to cut your stamps off envelopes with a quarter to half inch border, save them up and bring to a meeting so we can send them to Norway through the kindness of the Seaman's Church in San Pedro. It is a charitable effort in Norway to serve youth who need special services. Originally "tub" stood for tuberculosis and "frim" for "frimerke" or postal stamps. They are prepared and packaged to be sold and distributed to philatelists (stamp collectors) around the world.

FRIDTJOF NANSEN LODGE #6-009

Minutes June 8, 2013

A wonderful lunch was served at 12:30 followed by a regular meeting beginning at 1:30. We had 30 members and guests in attendance. Meeting was opened singing the three national anthems which were led by Carl with Mary Beth accompanying him on the piano. These were followed by the Pledge of Allegiance.

Dee's word of the day: 'When all else fails, ask Mom.'

We will not be meeting in July and August. At our September meeting Jessica will share her experiences at Camp Norge. Troann and Phebe will share more about making Bunads. Troann suggested that we all bring a Norwegian item or story.

Special guest Mary Beth Ingvolstad brought her trunk show to share with us. She began by showing a short film entitled "In Her Own Words" which was the story of a young woman's journey to America from Norway. This was followed by Mary Beth showing us an assortment of items from the trunk that was likely in the trunks of many coming to America. This presentation was very informative as well as enjoyable.

Althea, a guest and possible new member, donated an authentic Norwegian tapestry to the lodge. Our thanks to her for this generous gift.

Roni, Vanessa and Jessica Lion may be moving to Portland, Oregon. They have been a great asset to our lodge and will be missed once this move takes place.

Jeanne Holt was able to attend this meeting and is still healing from an ankle fracture. She is getting around much better.

Our next meeting will be September 14, 2013. Looking forward to seeing both old and new members joining us. As always, lunch will be served and interesting programs presented.

Meeting closed singing 'Norway O Norway'

Respectfully submitted,
Barbara Shepard - Secretary

Luella Grangaard is coming to our Lodge Meeting on September 14, 2013 to teach us how to do the Norwegian skill of **Chip Carving**. Here is her bio. This is a great opportunity to learn something new. See the supply list and the schedule for our lodge meeting. If you do not want to carve come and watch and have lunch with us. WE ARE STARTING EARLY AT 11:00AM.

Luella Grangaard is currently Culture Director and President of Solskinn Lodge in Palm Desert, CA. She is a lifelong learner and very interested in arts and crafts, including woodworking, quilting and many of the Scandinavian traditional arts. Her interest in wood carving started in college. Luella has completed her culture skills programs in 6 areas and two in progress. She also has a mentor pin in music and a level 1 and 2 of the Master pin. She has also received ribbons for entries at the District and International Sons of Norway Folk-art Exhibit and Competition.

Introduction to Chip Carving - September 14, 2013

Material required:

- Large or small blade chip carving knife
- Pencil
- Easer
- Ruler
- Recommend a sharpening strop or fine sharpening stone
- Recommend a copy of the Sons of Norway Culture Skills Unit on Chip Carving

Basswood will be provided for a \$2.00 charge to the instructor

Resources

The knife can be purchased at **Woodcraft** at Village Center 12781 Beach Boulevard, Stanton, CA 90680 or online at www.woodcraft.com

Rockler Woodworking and Hardware, 20725 Hawthorne Blvd, Torrance, CA 90503 or online at www.rockler.com.

I prefer the Flexcut knife because of the ergonomic handle. The knife is priced between \$20-\$22.



Class agenda

11:00 Overview of chip carving in Norway

11:15 the knife, sharpening & wood

11:45 basic cuts

12:30 Lunch

1:00 Design layout

1:30 Practice, Practice, Practice

2:30-3:00 Sons of Norway culture skills requirements—you can do it



SONS OF NORWAY

Working Together for You!

Sons of Norway's fraternal and financial arms work together to strengthen the organization as a whole. The 18 Norwegian immigrants who signed on as charter members of Sons of Norway in 1895 had come together for mutual assistance. Not only did they want to provide security for their families against financial crisis, but they also wanted a forum to preserve the culture and heritage of Norway as they assimilated to their new home.

More than a century later, providing financial security for members, combined with opportunities to celebrate Norwegian heritage and culture, is still the core of Sons of Norway. The organization's financial products and cultural programs are more intertwined and codependent than many realize. Both components are critical to Sons of Norway's existence and success. The contribution each brings to the organization gives Sons of Norway the strength it needs to be a financial and cultural resource for members now and for decades to come.

Do You Know?

- Only about **30% of all members own** an insurance or annuity product through Sons of Norway, but **all members benefit** from the financial results of those products.
- Income from dues provides only half of the funding necessary to support fraternal programming. The rest of what is needed comes from the sale of our financial products. Without this support, **member dues** would be **significantly higher**.
- Sales of our insurance and annuity products provide approximately **\$1 million annually** that is dedicated to Fraternal offerings like *Viking* magazine, the Cultural Skills Program, the Sports Medal Program and more. Without the profits from our insurance operations, member benefits such as these could be drastically reduced in quality and scope, or eliminated entirely.
- Financial Benefits Counselors (FBCs) are Sons of Norway members. They help plan and work events, and participate in lodge activities. Many are lodge officers.
- Approximately **20% of new members** are recruited by FBCs each year.
- New Membership Dinners, funded through the financial side of the organization, provide up to **\$400 per dinner** to help lodges recruit new members.
- The Lodge Revenue Sharing Program provides funds directly to the lodge based on the insurance participation of its members. Funds are distributed annually in the spring.

By taking advantage of the fraternal aspects and our financial products, members will build a **solid future for the organization** and for themselves. Please remind your members of the importance of financial side of the organization to their Sons of Norway membership experience.

Expressing your support for the financial side of Sons of Norway, having a positive working relationship with the Financial Benefits Counselor assigned to your lodge, and stressing the codependence between the fraternal and financial arms of the organization can do a lot to create a positive perception in members' minds.

Gustav Vigeland's Park

Vigeland Park is the world's largest sculpture park created by one single artist and it is open every day throughout the year. This unique sculpture park is Gustav Vigeland's lifework with more than 200 sculptures in bronze, granite, and wrought iron. Vigeland was also responsible for the design and architectural layout of the park which stretches across 20 square miles. Vigeland's park was completed mainly between the years of 1939 and 1949.

Most of the sculptures are placed in five large units along an 850 meter (2,788 feet) long axis: The main gate, the bridge with the children's place, the fountain, the monolith plateau and the wheel of life.

In 1924 Vigeland moved into an apartment at Frogner in Oslo. There he lived a quiet and regular life together with his wife Ingerid, whom he married in 1922. He became completely involved in his work and was rarely seen out in public. At night he would sit mainly in the library where he would draw, read or wood carve. Vigeland lived at Frogner until his death in 1943.

Vigeland did not live to see the finished park. Not until around 1950 were most of the sculptures and architectural elements in place. The municipality of Oslo was the largest contributor to the realization of the artist's vision but there were also a number of private donors and companies that gave generous financial support so that Norway's capital could have a park that would be unmatched across the world.

Vigeland molded all of the sculptures in the park by hand from full size clay. Carving in clay and casting in bronze were left to a number of skilled craftsmen. In addition, Vigeland stood by for the architectural design and landscaping of the 300 acre plus parkland.

Today Vigeland's Park and its 212 sculptures, the last built in 2002, are unique to the international scene. In the winter the Bymiljøetaten ski trail is prepared in the park which surely makes Frogner Park the world's only park where you can enjoy skiing surrounded in a sculptural landscape. Frogner Park is the most visited tourist attraction in Norway. Between 1.5 and 2 million people visit the park each year.



LUTEFISK, LEFSE and MEATBALLS

SOLBAKKEN LODGE'S TRADITIONAL DINNER FOR LUTEFISK LOVERS

SATURDAY, NOVEMBER 9, 2013

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 for Social Time** – Available at 4:00 PM
- **DINNER** - At 5:00 – 6:30 PM

SOLBAKKEN LODGE 6-64 SONS OF NORWAY

(Cut here) -----
Registration Form – (One Seating limited to 104 persons)

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



New Royal Postage Stamps

King Oscar II was honored as the first person to appear on a Norwegian stamp in 1855, just 15 years after Great Britain released the first-ever official postage stamp. Since then, over 150 faces have made their mark on official Norwegian postage stamps including Henrik Ibsen in 1928, Sonja Henie in 1990 and Max Manus in 2005. Queen Maud was the first woman to appear on a Norwegian postage stamp in 1939. Norwegian royals and foreign dignitaries have earned their place on these traveling portraits and this year four commemorative Royal stamps have been added to the list. Dag Mejdell, the chief executive of the Norwegian postal service said that "Posten Norge has a long tradition of issuing stamps in connection with royal anniversaries." The new stamps have been created to celebrate of the 40th birthdays of both Crown Prince Haakon on July 20 and Crown Princess Mette-Marit's on August 19. Both the Crown Prince and Crown Princess received their own personalized stamps valued at 9.50 NOK (USD 1.50) and good for a standard postcard or letter within Norway. The third stamp marked at the same price, include one with the Crown Prince and Crown Princess and their children and the fourth stamp displays those in Norway's royal line of succession, King Harald V, Crown Prince Haakon and daughter Princess Ingrid Alexandra. All four stamps are beautifully designed by stamp artist Enzo Finger and have been made available in Norway this summer.

Norwegian Experience 2013

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 2013 Norwegian Experience Recruitment Contest. The trip, which will be awarded in January of 2014, 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! 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!

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

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 onsite "hotel," several dormitories, and space for RV dry camping. Traditional and new actives are planned for the weekend.



SATURDAY, SEPT. 21

please come to the

33rd annual Norwegian
HERITAGE FAIR

FREE ADMISSION

- Homemade Food and Pastries
- Scandinavian Gifts and Imports for Sale
- Scandinavian Crafts and Demonstrations
Rosemaling
- Geneology and Language

VIKINGS

11 AM TO 5 PM, SEPTEMBER 21, 2013

PEER GYNT HALL, SONS OF NORWAY

3835 WATSEKA AVE. CULVER CITY 90050



www.sonsofnorway-westla.com, (310) 558-9452, (310) 429-4979

 **SONS OF
NORWAY**



Sons of Norway Sundfjord 6-065

We're celebrating our 60th Anniversary
and it just won't be the same without you
so come and join us in our celebration.



Date: Saturday, October 26, 2013

Time: 12:30 to 4:00 pm

Place: Sheraton Fairplex Hotel
601 West McKinley Ave
Pomona, CA 91768

Lunch, Entertainment and Raffle

Cost: \$ 30.00 per person

Menu: Grilled chicken

All reservations "must" be made by October 1, 2013.

**Make checks payable to "Sons of Norway" and mail to:
Lise Fleming 1104 Alamosa Dr Claremont, CA 91711**

Any questions, call: Agnes Deeb at 909.985.1076 or Lise Fleming at 909.624.2868.

Looking forward to seeing you at our anniversary!

Bunads encouraged.

-----cut and mail-----

Name(s) _____ Lodge _____

Name(s) _____

Reservation for _____ persons @ \$ 30.00 = \$ _____

Sons of Norway Limited Edition - Christmas Ornament

Show some Norwegian pride this holiday season by adding the 2013 Sons of Norway ornament to your Christmas decorations! From its rosemaling inspired outer frame to the beautiful Os design, this elegantly styled ornament is sure to be a welcome addition to your holiday traditions. Packaged in a silver-stamped gift box, containing a Christmas greeting from Sons of Norway and an informative description of Os rosemaling, this ornament can also be a unique gift for someone who enjoys the holiday season as much as you do.

This year's ornament is a limited edition and will only be available for a short time, so order yours now! This special keepsake is only \$14.99 plus tax and shipping & handling. To order yours today, call (800) 945-8851.

Join us on Saturday September 14, 2013 at 11:00am

Notice we are meeting early!

We are joining to learn how to do Chip Carving.

You say what is Chip Carving?

Come and find out.

From 11:00am to 3:00pm

We will have a great time.

Lunch will be served.



**SONS OF
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

www.fridtjofnansenlodge.com

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