

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 84, Issue 1

January 2014

### *Ord Fra Presidenten...*

First I have to say so many people told me they had a great time at the Christmas Party we had this year. I have to thank all of you who helped us; with set-up, the food, bring cookies, the program and clean up. I am scared to name you all because I know I will forget someone and I do not want to do that. We even put the visitors to work. Thank you all for making our 2013 Christmas Party a success.

Here we are getting ready for 2014, I hope you have marked your new calendar with all our Lodge meetings to make sure you do not even miss one this year. We have an amazing calendar of events this year and you will not want to miss one meeting this year.

January meeting we will have Phebe's sister-in-law Pat Reynolds share stories and pictures from her October 2013 trip in Norway on the Mail boat that sails the Norwegian Fjords. I know it will be a great show. Join us for Lunch before

Hope to see you there.

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,  
**January 11, 2014 at 12:30 pm at:**

Christ Lutheran Church  
6500 Stearns Avenue  
Long Beach, CA 90815

Ample parking is available.

Our telephone number is 714)963-4830.

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 **January 11, 2014, at 12:30 pm**. We will be treated to pictures and stories from Pat Reynolds. (Phebe's sister-in-law) about her trip on the mail boat sailing up the Fjords in Norway.



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***

### ***January***

- 1 – New Years Day
- 11 – Lodge Meeting – Picture of Norwegian Mail Boat traveling through the Forges
- 20 – Martin Luther King Jr. Day

### ***February***

- 2 – Groundhog Day
- 8 – Lodge Meeting – Genealogy Lesson  
We will be learning how to look up our Norwegian Heritage.
- 14 – Valentine's Day



- 17 – Presidents' Day

## ***This Month's Birthdays. . .***



### ***January***

- 1 – Terry Lord
- 10 - Erin Flair
- 18 – Reg Johansen

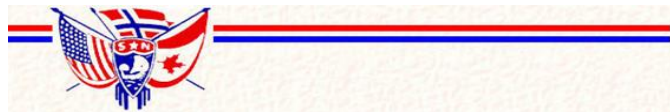
## ***Camp Norge. . .***

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***

**FRIDTJOF NANSEN LODGE #6-009**

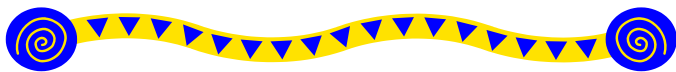
**Minutes 12/14/2013**

Our yearly Christmas celebration was held at our meeting site with many festive decorations and an abundance of food. We were blessed with many visitors who pitched in to help with setting up. In all 35 people attended our party. A wonderful lunch was served with several Norwegian/Scandinavian dishes provided. We also had a cookie exchange so everyone went home with a variety of holiday cookies.

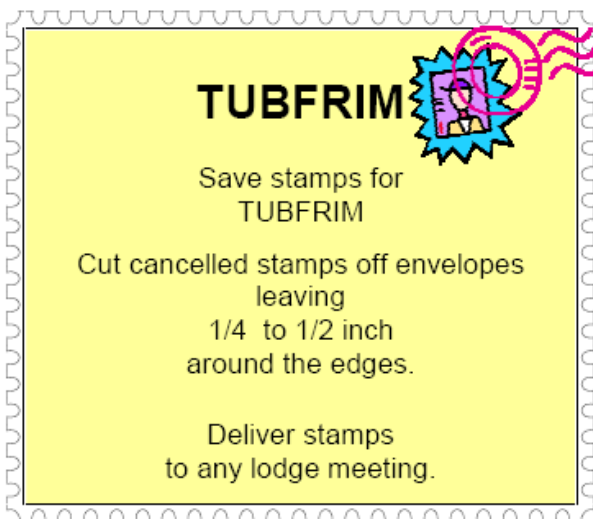
John presented our Norwegian language lesson focusing on Norwegian Christmas expressions.

Tanya from Troann's church joined us and played the piano for background music as well as sing along. What a special treat.

We had a short meeting starting with singing the three national anthems followed by the Pledge of Allegiance. We voted on officers for 2014. Troann Loy - President, Phebe Fricioni - Vice President, Barbara Shepard - Secretary and Cleone Hatwan - Membership. No changes from 2013. Phil moved to accept the nominations and Teri seconded. Everyone approved.



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



Dee: Word of the day - 'Newspapers are the mirror of the world.'

We celebrated Dee's 96th birthday with a special cake and singing 'Happy Birthday' to her.

In place of dividing the money from the 50/50 drawing we had gifts to choose from. Romira and Maya drew the tickets for us.

Phebe read a Norwegian Christmas story to us in true former teacher fashion. Very enjoyable.

Sylvi told us that it's traditional, in Norway, to join hands and sing songs around the Christmas tree. We did not need to be coaxed to do this. What a festive and joyous time.

Then our surprise guest came in - a Nisse bearing gifts for everyone. The children and adults were all surprised and delighted with this guest.

All in all it was a special day with old friends and new friends and celebrating Christmas Norwegian style.

Respectfully submitted,  
Barbara Shepard - Secretary

### **2014 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 Directors	Johan Olsen	(714)537-9646
	Sylvi Olsen	
Historian	Dee Ronning	(562) 490-0801
Musician:	Judy Bohlen	
Counselor:	Herman Holt	(562) 429-7638
Greeter:	Sylvi Olsen	
Marshall:	Phillip Knudsen	(562) 424-1384
Marshall:	Johan Olsen	
Social Director:	Vacant	
Trustees:	Dee Ronning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

## ***A Bit of Humor. . .***

Ole and Sven are at a funeral. Suddenly it occurs to Ole that he doesn't remember the name of the dearly departed. Ole turns to Sven and asks: "Sven, could you remind me again who died?" Sven thinks for a moment and says, "I'm not sure," Sven points at the casket, "...but I think it was de guy in de box."

Ole went to the [Sons of Norway](#) Hall one night and finally won the door prize, which was a toilet brush. He was so excited that he won he brought it home and used it often. Someone asked him during the next meeting what the prize was and if he liked it or not. Ole replied, "Yea I like the toilet brush, but I think I'm gonna go back to using paper."

Ole goes out one day to use the [outhouse](#), and he finds Sven there. Sven has his wallet out, and he's throwing money down into the hole of the outhouse. Ole asks, "[Uff da!](#) Sven, watcha doin' there, fella? You're throwing the five [dollar](#) bill and the ten dollar bill down into the hole of the outhouse! Whatcha doin' that for?" Sven answers, "Well, when I pulled up my [trousers](#) I dropped a [nickel](#) down there—and I'm not going down into that mess for just a nickel!"

**Cleone Hatwan wants to Thank everyone for all the kind words, prayers and wonderful cards. She is doing well and is at home recovering from her hip surgery.**

## ***More Humor. . .***

Sven and Ole are roofing a house. Ole picks a nail out of the pan, examines it, and with a "nope" tosses it over his shoulder, picks up another one does the same thing, picks up a third and after examining it uses it to nail in the shingle. Sven seeing all of this exclaims, "Ole! what the hell are you doing, wasting nails like that?" Ole replies, "Well you see, those nails they're pointing towards the house, I can use them. But these nails... they're pointing away from the house, they're useless." "Ole you IDIOT!!" Sven replies, "those nails aren't something you just throw 'way willy nilly... those nails are for the *other* side of the house."

## **A Poem Dee Ronning. . .**

Little Jack and Jill Horner  
Sat in a corner  
Avoding the Volunteer List  
When a friendly outsider  
Sat down beside them  
Said "Look at the fun we have missed."

So Little Jack & 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?

# Christmas Party at Fridtjof Nansen Lodge December 14, 2013



Singing around the Christmas Tree



Making Krumkake



Making Lefse



Celebrating Dee's 96<sup>th</sup> Birthday



Surprise guest . . . Nisse bringing gifts.

## ***IN MEMORY OF A BEAUTIFUL LADY "CORDELLE AASNESS"***

This is a brief message to let everyone know that Cordelle Aasness passed away early on Thanksgiving morning.

John and the family have arranged for a "Memorial Service" to be held in her memory on **Friday, January 10 at 11:00AM**

The services will be held at "Trinity Lutheran Church" 4783 West 130<sup>th</sup> Street in Hawthorne, California.

Basic directions would be to go the San Diego "405" Freeway and exit at El Segundo Blvd. and depending on which direction you will be coming from, it would be to go "east on El Segundo Blvd. to Englewood Avenue, then turn to the right and the church will be nearby. (or trust your GPS directions)>

John and Cordelle have been blessed by a wonderful marriage and six children.

The Sons of Norway have also been blessed to have them in their membership.



## **Soup from Meldal from The Norwegian Kitchen by Kjell E. Innli,**

Serves 6

- 3 lbs boneless stew meat
- 3 liters (quarts) water
- 3-4 tsp salt
- 4 black peppercorns
- 1 chunk fresh ginger
- 1 tsp chopped onion
- 2 cups carrot (matchstick pieces)
- 2 cups cabbage squares
- 2 cups rutabaga cubes

Meatballs:

- ½ lbs finely-ground meatball mixture

Dumplings:

- ¾ cup 10% fat cream
- 1½ tbsp sugar
- ¾ cup flour
- 2 eggs
- ⅛ tsp ground nutmeg

Simmer the meat in the water with salt and pepper until tender, about 60-90 minutes. Remove from the stock and slice across the grain. Moisten with stock. Cook the vegetables in the stock until tender, 8-10 minutes. Make small meatballs with a teaspoon. Simmer in the stock together with the vegetables about 5 minutes.

Dumplings:

Bring the cream and sugar to a boil. Add flour, stirring until the mixture forms a ball. Remove from the heat and beat in the eggs one at a time. Season with nutmeg. Make small dumplings and simmer in the stock together with the vegetables and meatballs about 5 minutes.

Serve the soup with the vegetables, meatballs and dumplings. Arrange the meat on a platter and serve with boiled potatoes and flatbread.

**[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.

**From: Lyle E. Berge Sons of Norway, District Six President**

A CONTEST between and among the EIGHT DISTRICTS in Sons of Norway  
Approved by all eight District Presidents on Nov. 8, 2013

'Boxtop' Motion:

"We accept the 'Box tops for Education' CHALLENGE as outlined by the District Two program with those necessary modifications to accommodate those similar and compatible programs as available in Canada and Norway"\*\*. .

The Contest will encompass the dates from December 1, 2013 through May 17, 2014.

This challenges each District Lodge to gather the most Box Tops and Labels for Education per member\*. The winner will be announced at the 2014 International Lodge Meeting in FL.

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District Six will be successful by combining the totals accumulated by our 52 lodges.

I announce that our District Six Lodge shall utilize these rules in order for us to recognize the Zone which gathers the most box tops and labels during the above time period and will provide a special honor for the winning Zone during our June 22-25 Convention in Palm Springs.

Each Local Lodge will collect and tally them according to quantity of tops/labels based on number of lodge members. The totals will be turned over to their respective Zone Director who will provide these figures to the District President by May 31st  
school who participates in the program(s) and deliver the tops/labels directly to the school.

*Note:* Many local lodges already collect these for their neighborhood school(s), so the change for each coordinator would be to count and tally the labels they provide their school during this period, with a report to their Zone Director. If no local school is selected, the labels can be shared with a sister lodge to aid the total count in their Zone.

For a lodge to check out this educational support program, please go to: [boxtops4education.com](http://boxtops4education.com) and [labelsforeducation.com](http://labelsforeducation.com)

Boxtops can be found on Betty Crocker, Gold Medal, Nestle, General Mills, Ziploc, Kleenex, etc  
Labels can be found on Campbell's, Dannon, Pepperidge, Post Cereals, Swanson, etc.  
Let the Contest begin now in this super Community Outreach. -- (SofN Resource Oct. '13)

Takk,  
Lyle B.



## Norway Predicted to Dominate the Podium in Sochi 2014 Olympics

With less than three months to go in the countdown to the 2014 Winter Olympic Games in Sochi, Russia, Norway is predicted to have its best showing at the games since its 26 medals in Lillehammer in 1994. Infostrada, the Olympic medal prediction service, recently updated their Virtual Medal Table. Topping the 2014 forecasts with a medal count of 37 medals each are Norway and Germany, a feat—if successful—that would tie the record set in 2010 by the United States. Also in the hunt for a high medal count in 2014 are Canada and the United States with 34 and 28 medals. Infostrada has also forecasted that Norway will win 15 gold medals, which would set a new Winter Games record and top the previous record of 14 gold medals achieved by Canada in Vancouver in 2010. Men's and women's biathlon and cross-country skiing events are expected to yield the bulk of Norway's medals while ski jumping and alpine, freestyle and speed skating round out the remaining medal count. Predictions by Infostrada are based on performances in prior Olympic Games as well as the World Cups and World Championships. Points are awarded to the Olympic hopefuls as part of a statistical model that evaluates the competition's results, difficulty, rankings and timeliness. As additional World Cup events are completed prior to the Winter Olympics, Infostrada's Virtual Medal Table will be updated to reflect new predictions. Visit <http://vmt.infostradasports.com/> to check out the latest predictions on the Virtual Medal Table and see where each of your favorite Norwegian athletes like Aksel Lund Svindal, Tora Berger and Emil Hegle Svendsen are predicted to place on the Podium.



**SONS OF  
NORWAY**

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

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