

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 84, Issue 3

March 2014

### *Ord Fra Presidenten...*

Hello to Everyone,

I have a lot to tell you about and a lot is going on at the Lodge meetings.

**First** – If you have signed up and paid your deposit to take the Rosemaling Class on March 8<sup>th</sup> with Onya Tolmasoff. **Show up early at 11:00am.** Class starts at 11:00am. Remember you will owe the teacher \$25.00 the day of the class.

You are welcome to come and watch; we will be serving lunch at 12:30pm.

**Second** – Our Norwegian Heritage Open House is April 12, 2014. We need everyone to help and participate. Sign up with Phebe.

**Third** – May 10, 2014 we are having a Bunad Fashion show and Tea. The Scandia Dancers are coming to show and tell us about their Bunads.

Now we do not want to scare off the men with a Tea; but trust me the food is delicious and you will have a good time.

Come and enjoy a great program to learn more about the Bunads of Norway.

Mark your calendars you will not want to miss any of the upcoming lodge meetings

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,

**March 8 at 11:00 am 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.

*We welcome everyone of all ages. You do not have to be Norwegian!*

**Next event, is on March 8, 2014, at 11:00 am. Notice the early start time. The Rosemaling class is starting at 11:00am, lunch will be at 12:30pm. If you have not signed up to paint come watch, enjoy friends and good food.**



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

### Mars – March

8 – Lodge Meeting

Starts early at 11:00am/Lunch at 12:30pm

9 – Daylight Savings Time Begins

17 – St. Patrick's Day

### April – April

5-6 – Scandinavian Fair at Cal Lutheran  
In Thousand Oaks, Ca.

12 – Our Norwegian Open House

14 – Passover Begins

20 – Easter

### Mai – May

17 – Syttende Mai – 200<sup>th</sup> year Celebration

### Juni – June

22-25 – District 6 Convention  
In Palm Springs, Ca.

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



### March Birthdays

5 – Jeanne Holt

8 – Sylvi Olsen

10 – Lyman Lokken

12 – Warren Olsen

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.org

*“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 February 8, 2014



The meeting hall was beautifully decorated in a Valentine's theme. A delicious lunch of lapskaus (beef stew) made by Sylvi, salads and desserts was served. The program began with language lesson #4 taught by John Olsen. We were introduced to days of the week, months of the year and words pertaining to the weather. John continues to provide us with the basic language skills and he's seeing some results.....at last!

Shelley Baum from Edvard Greig Lodge shared her knowledge of genealogy with us. She instructed us on how to begin researching our own family backgrounds. It was very interesting to look up our family names in a big reference book she brought and to find out more information in other books she shared.

A business meeting followed with the singing of the national anthems followed by the Pledge of Allegiance. 21 members and guests were in attendance. Troann presented Phillip Knudsen with a 15 year membership pin.

Dee's word of the day: If you want to be thin, think thin.

The District Convention will be in Palm Springs from June 22 - 25 this year. Three delegates were nominated: Troann Loy, Phebe Fricioni and Martha Green. Terri Lord is the alternate.

The treasurer's report was posted on the table.

The next meeting is March 8th and will begin at 11:00AM to allow adequate time for the Rosemaling class. 15 people were needed to sign up.

The 50/50 raffle collected \$37.00 which went to the lodge. In lieu of giving half to the winners a selection of Valentine items were given instead.

The meeting adjourned at 2:45

Respectfully submitted,  
 Cleone Hatwan - Acting Secretary

**REMINDER- Sons of Norway District CHALLENGE**  
 Don't forget to bring your Box Tops and Labels for Education to each meeting. We will collect these through May 17, 2014. They will be donated to a local school or you can donate them to a school of your choosing, we just need to count the points. The challenge is to gather the most Box Tops and Labels for Education per member, so we need everyone to participate! For more information on the program, go to: [boxtops4education.com](http://boxtops4education.com) and [labelsforeducation.com](http://labelsforeducation.com) Let the Contest begin now in this super Community Outreach.

<b><u>2014</u></b>		
<b><u>Officers</u></b>		
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	Johan Olsen Sylvi Olsen	(562) 490-0801
Historian	Jeanne Paige & Gail Taggart	(562)429-3093
Asst. Historian	Dee Ronning	(562) 436-4660
Musician:	Judy Bohlen	
Counselor:	Herman Holt	(562) 429-7638
Greeter:	Sylvi Olsen	(562) 490-0801
Marshall:	Phillip Knudsen	(562) 424-1384
Marshall:	Johan Olsen	(714) 537-9646
Social Director:	Terry Lord	(714) 369-2420
Trustees:	Dee Ronning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

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

### **Blizzard. . .**

When Lena got off work up there at Perham, it was snowing heavily and blowing to the point that visibility was almost zero. She made her way to her car and wondered how she was going to get home.

She sat in the car while it warmed up and thought about her situation. She remembered Ole's advice that if she got caught in a blizzard, she should wait for a snow plough to come by and follow it.

That way she would not have to worry about going off

the road or getting stuck in a snow drift. Sure enough, in a little while, a snow plough went by and she pulled out and began to follow it. As she followed along behind the snow plough, she felt quite comfortable and smug as they continued on their way and she was not having any problem with the blizzard or road conditions.

After some time had passed, she was somewhat surprised when the snow plough stopped. The driver got out of the cab and came back to her car. He

signaled her to roll down her window and asked if she was all right, as she had been following him for a long time. Lena said she was fine and told him of her husband's advice to follow a plough when caught in a blizzard. The driver replied it was okay with him and that she could continue to follow him if she wanted, but he wanted her to know that he was done with the Wal-Mart parking lot and was going over to Target next.

## ***A Bit More Humor . . .***

Lars: "Ole, stand in front of my car and tell me if

da turn signals are working."

Ole: "Yes, No, Yes, No, Yes, No, Yes, No..."

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### **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 Sven's Insurance agency to see how much it would cost to insure the wooden leg.**

**Sven looked it up on his computer and said to the couple, "\$39.00."**

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

**Sven turned his computer screen to the couple and said, "Well, here is it on the screen, direct from Ole's Minnesota Fire Insurance Company, it says: Any wooden structure, with a sprinkler system over it, is \$39.00".**

## ***A BIG Welcome to New Members:***

**Flora Morgan**

**12095 Redhill**

**Santa Ana, CA 92705**

**714-655-2781**

**Martha Green**

**525 Victoria St. Apt 43**

**Costa Mesa, CA 92627**

**949-322-8385**

**Martygreen24@gmail.com**

**Gabriela Pedroza**

**With Romina & Perseus**

**1711 E. Ocean Blvd. Apt 3**

**Long Beach, CA 90802**

**562-435-0048**



***March 9, 2014***



FIFTY NINTH  
ROSEMALING SEMINAR AT CAMP NORGE

April 26/27, 2014

It is time to make your reservations for the adult (18 years and over) Spring Rosemaling Seminar at Camp Norge. We will have three classes. The teachers are Carl Larsen, Mardella Ivers, and Sandra Cole.

We will be painting on a 12 inch scalloped rim plate. Carl is teaching a variation of Os on a white background. Mardella will teach a Numedal on a Williamsburg Blue background. Sandra Cole has kindly agreed to step in and teach Karen's beginners (advanced beginners) class, doing a wonderful Valdres on a Jo Sonja Sea Swirl background. Look on the Camp Norge Website for pictures of all three projects: [www.campnorge.org](http://www.campnorge.org). Mardella will teach a stroke class for those who wish to come early. More details with your supply list after you register.

Please make your bed reservation with me. I develop the list of who is in which room. You will pay for your bed when you arrive at Camp. It is not included in your class fee. Bring your current membership card. If you can't locate your membership card, bring the last issue of your Viking Magazine. It has your number in the address box. Members pay \$16.20 per night; guests pay \$27.00 for beds in the dorms, which includes 8% Placer County Occupancy Tax. Only members are allowed to stay in the main house and the cozy cabins. For people who want to room together, I need to receive the list of names with the first reservation. RV's are encouraged as we have a limited number of beds. Members pay \$20 per night for up to four people per RV. Guests pay \$32 per night for RV's. Camp has electrical and water, but no sewer hookups. Tents are \$15 for up to four people for members, \$20 for non members. No occupancy tax on RV's or tents. Pets are \$2 per night. Pets are not allowed in any of the buildings, pool area or sleeping rooms at any time.

Please include your full phone number, address and lodge name and number when registering. If you have e-mail, please include your e-mail address. It is so much faster and cheaper if I need to talk to you. The supply lists are available, and I will send them as I receive your registration form and check. **ABSOLUTELY NO E-MAIL**

**RESERVATION REQUESTS.** I need the check and registration form together. Be sure to send a self-addressed stamped envelope for your supply list and class confirmation information if you do not have e-mail. I will not be sending you a supply list unless you send me a self-addressed, stamped envelope or your e-mail address with your registration form. I use Microsoft Word running on an XP program and all attachments will be attached from that program.

The cost of the seminar will be \$87 for registration which includes the class and wood piece all base coated and ready to go, hall rent and clean up, and the meals. There will be \$25 cancellation fee for any cancellations, but absolutely no cancellations after April 1st. It is difficult for people on the waiting list to take your place if they do not have at least three weeks to make their plans, so please be thoughtful. Melanie Souza will again do our cooking. The cost for food for the weekend is included in the \$87 registration fee. The food includes breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. You were so very generous and cooperative with the cookies last time. I do so appreciate that. We will ask just one class to bring cookies, and will rotate those classes each time. The information will be on your supply list.

My e-mail address is [pennyjknudsen@sbcglobal.net](mailto:pennyjknudsen@sbcglobal.net). My phone number is (916) 941-6433. Please **cut off** and complete the following registration form, make your check payable to Penny (not Camp Norge) and return as soon as possible with your stamped, self-addressed envelope for supply list if you do not wish to receive it by e-mail, to:

Penny Joseph Knudsen, 3774 Park Drive, El Dorado Hills, California 95762

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April 26/27, 2014 ROSEMALING SEMINAR REGISTRATION FORM

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
I need a bed reservation: Yes \_\_\_\_\_ No \_\_\_\_\_

Address \_\_\_\_\_ e-mail address \_\_\_\_\_  
I want to room with: \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_ Name of Lodge \_\_\_\_\_

Class I want is: Carl \_\_\_\_\_ Mardella \_\_\_\_\_  
Sandra \_\_\_\_\_ I am bringing my RV \_\_\_\_\_

I am enclosing \$87 for registration fee for food and class.

I am bringing my tent \_\_\_\_\_

My spouse and/or family will be eating with us and I enclose \$35 for each \_\_\_\_\_

## Instant Potato Norwegian Lefse

### Ingredients:

1. 4 cups potato flakes
2. 4 tablespoons sugar
3. 3 cups water
4. 2 1/2 cups milk
5. 1 1/2 cups butter
6. 3 teaspoons salt
7. 2 -3 cups flour ( enough to make a rolling dough)

### Directions

1. In a large saucepan or pot, bring the water to boil and add the milk, butter, sugar, and salt. When the milk has come to a boil, add the potato flakes and stir until smooth. Pour the potatoes into a large bowl and refrigerate.
2. HEAT electric lefse griddle or electric skillet to highest temperature setting. DO NOT GREASE GRIDDLE OR SKILLET.
3. When ready to make the lefse, take out 2 cups of potatoes at a time and add 1 to 1 1/2 cups of flour and stir until it becomes a workable dough. Take a small hand full of dough. ROLL out dough on well-floured pastry cloth until paper thin (see tip). With lefse stick or long spatula, transfer to heated griddle.
4. Bake 1 minute or until brown spots appear on bottom surface. Turn. Bake other side 30 to 45 seconds. Place baked lefse between damp cloth towels to prevent it from drying out. Continue to cook until the potato dough is gone. Any leftover cooked lefse may be refrigerate and used for about 3-5 more days.
5. Cool completely before storing in plastic bag.
6. SERVE by spreading with butter. Sprinkle with sugar and cinnamon or brown sugar.

**TIP** For best results, use rolling pin covered with pastry stocking. Flour rolling pin and pastry cloth before rolling out each lefse. To freeze, wrap lefse in plastic and foil. Seal tightly.

Greetings to all lodges –

**Final reminder that the deadline for applications to be submitted for our three District 6 College Scholarships is April 1.**

Call or mail to: Crystal Sundet – SON Dist. 6  
Scholarship Chairperson

Sons of Norway D6 Scholarships

2884-G West Long Circle

Littleton, CO 80120

[720-283-8592](tel:720-283-8592)

[crystalkr@reagan.com](mailto:crystalkr@reagan.com)

[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.

### **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 descendents 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 18, 2014** 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 Sondreal, SPPC treasurer, 1016 Saxon Place, Thousand Oaks, CA 91360-5347.



## Norway celebrate Bicentenary of its Constitution (VG/Aftenposten)

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

February 16th marks the official start of the 200th anniversary of Norway's constitution and its independence from Denmark.

At the beginning of 1814 Norway was still under Danish rule. At the end of the year, Norway was in a union with Sweden. In the meantime, however, the Norwegian people and a poor, small country grasped the opportunity that arose when the major national powers were settling things after the Napoleon Wars. The Norwegians declared themselves free and independent, and passed one of the most liberal constitutions at the time.

On February 16, 1814, Danish Prince Christian Frederik and Norwegian lords met at Eidsvoll. There they decided to form a national committee that would give Norway its own constitution. Prince Christian Fredrik realized that he would have to be chosen by the people's representatives if he would become a Norwegian king. Being an heir to the throne was simply not enough, and the Norwegian people had successfully taken over the power and changed the country's entire political framework. The committee at Eidsvoll ensured that the focus was on the individual and his/her own rights in the constitution that was written in 1814. They looked to the U.S. and France for inspiration, which also meant a revolutionary new look on the citizens' role in society, human rights and division of power.

Today, Norway's constitution is the world's second oldest acting constitution. Only the U.S.

constitution is older and still in effect. That alone says a lot about the men at Eidsvoll's capability to look ahead of their own time.

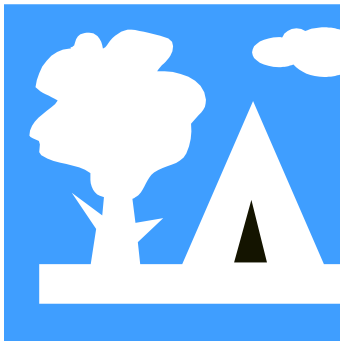
The 200th anniversary of Norway's constitution officially started on Sunday, and will be celebrated with different events and exhibitions throughout 2014. For the full program, see the government's website dedicated to the anniversary:

<https://www.stortinget.no/en/Grunnlovjubileet/In-English/>



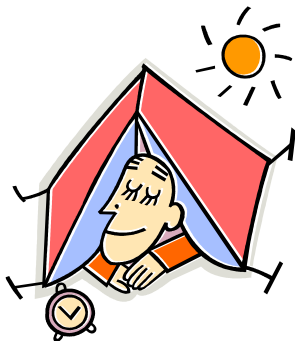
There are still openings in this year's Bunad Class held at Norway Hall in Santa Rosa, California. Learn how to make an authentic Norwegian bunad under the guidance of experienced instructor Sue Sutherland of Bunad Butikken. An array of imported Norwegian fabrics will be available for purchase along with solje, shoes, scarves and other accessories to complement your bunad. Classes are taught during the day with some nighttime instruction available. There will also be time to relax and get to know your fellow classmates with a few outings around Sonoma County. For more information please contact

Pamela Groth at [707-778-8120](tel:707-778-8120) or email to [clothcrafter@sbcglobal.net](mailto:clothcrafter@sbcglobal.net).



**The registration form is not yet available, but save the date: Friday, Oct 31 – Sunday November 2, 2014 for a weekend of culture and camaraderie.**

2014 SCK will be at Banning Stagecoach KOA Campground, 1455 S. San Geronio Avenue, Banning, CA. This is an RV park that is located on the highway leading up to Idyllwild, where we have attended SCK at Pine Cove in 2008, 2006, and earlier years. The campground is at the base of the mountains and is FLAT. It is close off Hwy 10, has a clubhouse for our use, and has RV/park models to rent. Check out their website: [www.koa.com/camp/banning-stagecoach](http://www.koa.com/camp/banning-stagecoach). SCK will be held over the Halloween weekend, Friday, Oct. 31 to Sunday, Nov. 2. We can have a Halloween theme on Friday with fun for kids, both young and old. We can have some of the same activities (cooking demonstrations, movies, etc.) that we had in 2013. I'm excited about the new location and time frame (pumpkin desserts already planned), and with the renewed, enthusiastic interest from 2013 attendees, we plan for a wonderful 2014 SCK weekend of fun - sharing our heritage.



### **Tubfrim Winner Announced**

Tuesday, January 7, 2014 was a lucky day for Vegas Viking Lodge 6-152 in Las Vegas, Nevada. The lodge was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Their postcard was drawn from among 1,229 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 1,229 pounds of stamps to Tubfrim in 2013.

Sons of Norway members have been an integral part of Tubfrim's success since 1986. Lodges and individuals participate by clipping used stamps and sending them to Tubfrim, which sells them to dealers and collectors.

Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected. While helping children is a great motivation for our members to participate, there is a special incentive to say "thank you". For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or [supply@sofn.com](mailto:supply@sofn.com) or downloaded from [www.sonsofnorway.com](http://www.sonsofnorway.com).

If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page in the members section of Sons of Norway website under Management: Forms. For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or [genegbrand@aol.com](mailto:genegbrand@aol.com).



## Welcome to the Parliamentary quiz!

In honor of the 200th anniversary of the Constitution - we thought it would be appropriate to learn more about Norway's government. When was the Labor Party founded? How many national referendums have been held in Norway? How many members of parliament are there? Test your knowledge in our parliamentary quiz! How many do you know?

The quiz comes from Norway's parliament website. If you want, you can take the real quiz online, <http://www.stortinget.no/quiz/>

1. What hangs in Parliamentary Hall over the painting of the Eidsvoll Assembly from 1814?
  - A. The coat of arms
  - B. A Norwegian flag
  - C. Viking Ship
2. How many representatives does the Centre Party have in Parliament between the years of 2013-2017?
  - A. 10
  - B. 15
  - C. 19
3. How many national referendums have been held in Norway?
  - A. 15
  - B. 6
  - C. 19
4. Who is the parliamentary leader of the Liberal Party?
  - A. Sveinung Roteveth
  - B. Trine Skei Grande
  - C. Ole Eivestuen
5. When was the Labor Party founded?
  - A. 1887
  - B. 1920
  - C. 1932
6. What is the youngest political institution in Norway?
  - A. Sami Parliament (1999)
  - B. Progress Party (1973)
  - C. Confederation of Trade Unions (LO) (1899)
7. Which party does Kjell Ingolf Ropstad represent?
  - A. Center Party
  - B. Conservative Party
  - C. Christian Democratic Party
8. How many political parties are represented in Parliament between the years of 2013-2017?
  - A. 20
  - B. 8
  - C. 7
9. When can you say that Parliamentarism in Norway got its breakthrough?
  - A. 1884
  - B. 1940
  - C. 1905
10. How many members of Parliament does the SV (Socialist Left Party) have between the years of 2013-2017?
  - A. 7
  - B. 11
  - C. 20
11. How long did Thorbjørn Jagland sit as head of government (Prime Minister)?
  - A. One year 1996-1997
  - B. Two years 1996-1998
  - C. Six years 1990-1996
12. Which party had absolute majority in the elections of 1945?
  - A. Labor Party
  - B. Conservative Party
  - C. Liberal Party

### Answers:

1. A. The coat of arms
2. A. 10
3. B. 6
4. B. Trine Skei Grande
5. A. 1887
6. A. Sami Parliament (1999)
7. C. Christian Democratic Party
8. B. 8
9. A. 1884
10. A. 7
11. A. One year 1996-1997
12. A. Labor Party



## Coming Event . . . Norwegian Heritage Open House

April 12, 2014 - 12:00pm to 2:00pm

An Event for the whole Family. . .

Find out about the benefits of being a Sons of Norway member

Come for a great Norwegian Lunch. . .

Come to learn about your Norwegian Heritage and Culture. . .

We will have Lefse Making. . .

Displays of Bunads, Rosemaling, Hardanger Embroidery. . .

With Norwegian crafts for the Children . . . and lots more.



**SONS OF  
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

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

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