

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 84, Issue 5

May 2014

Ord Fra Presidenten...

We had a great open house at our April Lodge meeting. Thank you to everyone who worked so hard to make it a big success. We hope some of our visitors will be back to join us again.

Our May Lodge Meeting is going to be so special too. What a great opportunity for us to learn more about Bunads. I know the food will be delicious. Join us, bring a friend.

June we will be celebrating our 84th Anniversary of our Lodge. We will have a great meeting to send us off into the summer.

Remember we do not meet in July or August.

It is so exciting seeing all the programs we are having and the new people who are joining us.

Our young member Romina Solberg is going to Camp Trollfjell at Camp Norge this year.

We have given her ½ a scholarship.

Her Mother Gabriela is having fund raisers to help her with the rest of the money. Please bring your cans and bottles for her recycle.

Let's support her in this effort

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday, **May 10, 2014**
at **12:30 pm** 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!

Join us for our next event, on **May 10, 2014**, at **12:30 pm**. We will be having a Bunad Fashion show by the Scandia Dancers who will be sharing the history and stories of their Bunads.

Norwegian open face sandwiches, cream cake & Tea. Cost \$5.00.



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 – Calendar. . .

May

- 5 - Cinco de Mayo
- 10 – Bunad Fashion Show and Tea



- 11- Mother's Day
- 17 – Syttende Mai – 200th Anniversary of Signing of the Norwegian Constitution.
- 18 – Celebration at Nansen Field Syttende Mai celebration will be at Nansen Field - 15 Hidden Valley Road, Rolling Hills Estates, CA 90274 - On May 18th from 10:00am to 6:00pm**
- 26 – Memorial Day

June

- 14 – Celebrating our Lodges 84th Anniversary
- 14 - Flag Day
- 15 – Father's Day
- 21 – Summer Begins
- 22- 25 District 6th Convention in Palm Springs

This Month's Birthdays. . .



May – Mai

- 9 – Phebe Fricioni**
- 24 – Richard Loy**

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

Did you Know that Norway's Constitution...?

Most of us know that the Constitution was signed on May 17th, 1814, a day that Norway celebrates today with massive parades and parties annually. But there are plenty more interesting facts surrounding this event, arguably Norway's greatest event in history.

- **Did you know...**that the Constitution was written in an unfinished ballroom in the private residence of Carsten Anker? The hall where they sat was decorated with garland fir branches. Supposedly during meetings dried needles kept falling onto the backs of the delegates sitting below. 200 years later the "Parliamentary flakes" of pine needles can be still be found in the floor boards.

- **Did you know...**that the Constitution that was signed and adopted is the second oldest written Constitution in the world still in existence today? At the time it was also considered to be the most forward thinking and radically democratic Constitution ever written.

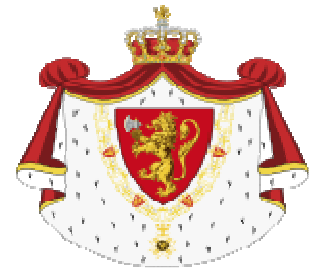
- **Did you know...**that the Constitution underwent a linguistic revision in 1903? The overall language of the Constitution has basically remained unaltered, and the 1903 language is still used when proposed changes are made to the Constitution.

- **Did you know...**that the document was inspired by the United States and French constitutions? The main difference was the text that referred to Norway as a Constitutional Monarchy.

- **Did you know...**that within the famous portrait of the Constituent Assembly at Eidsvoll, about 70 of the 112 delegates present were painted well enough to be identified?

- **Did you know...**that the representatives

- **Did you know...**that the representatives who put the Constitution together were under great pressure to finish the document? The Constitution was written and signed in 5 weeks. The Kiel Treaty January 14, 1814 said that Denmark would relinquish control over Norway to Sweden. During that transition of power Norway was considered an independent kingdom. In taking full advantage of that control a Constituent Assembly was put together, a King was appointed and a Constitution was written.



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 Director:	Johan Olsen Sylvi Olsen	(562) 537-9646
Historian:	Jeanne Paige & Gail Taggart	(562)429-3093
Asst. Historian:	Dee Ronning	
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	
	Herman Holt	(562) 429-7638

A Bit of Humor:

Pastor Ole and Pastor Sven passed away and, of course, went to Heaven. They were greeted by St. Peter.

"Your condos are not quite ready," he said. "So until they are finished, I have arranged for you to return to earth as anything you would like to be."

"Vunderful!" said Pastor Ole. "I've always wanted tew be an eagle soaring over the Grand Canyon!!"

"Your wish is granted, Ole," said St. Peter.

"And now, what would you like to be, Pastor Sven?"

"Vell," said Pastor Sven, "I've always wanted tew be a real cool stud!!"

"Your wish is granted, Sven" said St. Peter.

Finally, the condos were finished, and St. Peter asked his assistant to bring back the two ministers.

"How will I find them, sir?" asked the assistant.

"One is soaring as an eagle, over the Grand Canyon," said St. Peter. "The other one may be hard to locate. He's some-place in North Dakota on a snow tire!!!"

Phil Knudsen has changed his Apt. mark you address list.

Phillip Knudsen
3360 Magnolia Ave. **#240**
Long Beach, CA 90806
(562) 308-8763

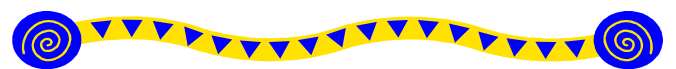
Important Information!

Look who has moved:

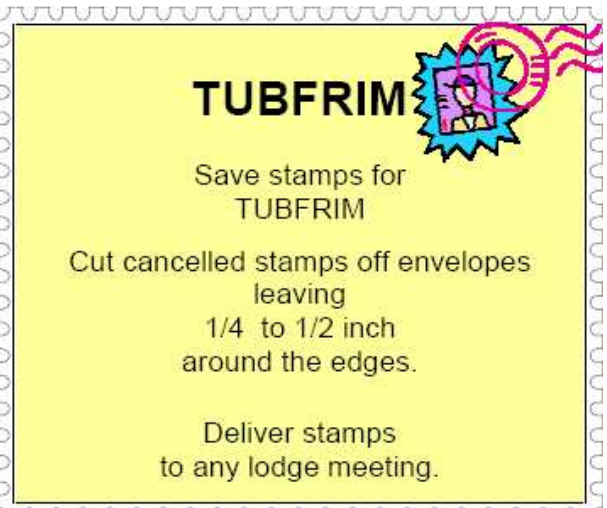


Dee Ronning's family has moved her closer to them. She was such an important part of our Lodge, we will miss her. Stay in touch with her.

**Dee Ronning
c/o Twin Oaks Assisted Living
999 North "M" Street
Tulare, CA 93274
559-685-1488**



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



Are You Missing Out?

Have you been receiving headquarters' popular monthly e-mail publication, Viking E-post? If not, perhaps Sons of Norway Headquarters doesn't have your current email address. To add your email address to your record: · Contact Sherry Gorse, Membership Services, at (800) 945-8851 ext 643 or fraternal@sofn.com or · Log into the members section of www.sonsofnorway.com and click on the link to *Update email/phone*. While you are visiting the site, don't forget to update any seasonal or home address changes!

Don't miss another issue of this exciting and informative digital publication!

Sign up



**Celebrate, Explore, Collaborate:
The January Viking E-post**

In this month's edition of the E-post we take a look at how Norway is celebrating the bicentennial of its constitution, we look at how the Norwegian men's curling team is transforming their sport, we follow the Norwegian government in its quest to catalog undiscovered species, we take a look at how Norway is digitizing "all the books in Norway" and we celebrate the successes of our lodges and members in 2013!

As always we hope you'll find these articles informative and entertaining.

If you have a story idea you would like to see in the E-post, be sure to e-mail us at sonsofnorway@sofn.com.

[Norway Celebrates 2014](#)



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A Bit of More Humor:

Ole: I am 100% Norwegian and Lena is 100% Norwegian; five out of six of our children are 100% Norwegian.

It vas a sad day vhen da doctor broke da news dat our last child vould not be Norwegian. He said, "Ole, I'm sorry but di child has to be born Caesarean."

Lena: But I tink dat's still Scandinavian, so dat's OK!

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

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 and labelsforeducation.com Let the Contest begin now in this super Community Outreach.

The Constitution of 1814

Norway's first constitution was adopted by the National Assembly at Eidsvoll on May 16th, 1814, and dated and signed on May 17th, 1814. It was modern and forward thinking for its time, with inspiration from the US Declaration of Independence of 1776 and the French Revolution of 1789.

The main principles of the Constitution are:

- People's Sovereignty (*People's right to rule through elected representatives*)
- Separation of Powers (*Power balance between the legislative, judicial, executive power*)
- Human Rights (*Rule of law, voice and speech*)

The Constitution of 1814 was written by men who wanted Norway to secede. Greater policy decided otherwise, and Norway became forced into a union with Sweden later in the year. The Constitution was retained, but was slightly modified to accommodate the new union with Sweden. The main principles of the Constitution were upheld, and laid the foundation for the union's dissolution in 1905 and the development of Norwegian democracy.

The original constitution document is a short piece of paper, marked by the test of time. It is therefore not available to the general public. It lies safely in the Parliamentary archives, where the right temperature and humidity process slow down the natural degradation. The Constitution is in turn digitized, so those who wish can study the document. Written at Eidsvoll, the Constitution was probably penned by Trønder native, Johan Matthæus Buschmann. It is apparent in the text on the Constitution that the work was rushed in the spring of 1814. For the Constitution to become what it is he wrote with very simple Gothic handwriting, without ornamentation of any kind, and one will find some typos.

The legal text is written in a simple notebook like paper. The document is seen in a heap of 12 sheets of paper that are fastened together to 24 pages with a linen thread. All together it is 48 pages. The text has 110 paragraphs and is divided into five chapters. Following the legal text is the authorization from the National Assembly designated by 112 representatives' signatures with red wax seals. Finally is the signature from the king.

Sources: Eidsvoll1814.no Stortinget.no/Grunnlovsjubileet

Norwegian Strawberries and Cream Cake (Bløtkake)

from The Great Scandinavian Baking Book

by Beatrice Ojakangas, Serves 16

- $\frac{3}{4}$ cup cake flour • 1 tsp baking powder
- 6 eggs, separated • 1 cup sugar

Filling:

- 3 egg yolks • 2 tbsp butter
- 2 tbsp cornstarch • $1\frac{1}{2}$ cups half-and-half
- $\frac{1}{4}$ cup sugar • 2 tsp vanilla extract
- $\frac{1}{2}$ cup strawberry or apricot jam, warmed and strained
- 1 pint fresh strawberries

Topping:

- $1\frac{1}{2}$ cups whipping cream
- 2 tbsp powdered sugar
- 1 tsp vanilla

Blend flour with baking powder; set aside. In large bowl, whip egg whites until fluffy; gradually add sugar, and beat until stiff and meringue like. In small bowl, beat egg yolks until frothy. Fold egg yolks and flour mixture into the egg whites. Butter two 9-inch round cake pans and dust with flour. Divide batter between pans.

Preheat oven to 350°F. Bake layers 30 minutes or until centers spring back when touched with finger. Cool in pans. (Centers of cakes may sink slightly.) To prepare the custard filling, in small saucepan, mix egg yolks, butter, cornstarch, half-and-half, and sugar. Cook, stirring, over medium heat until mixture is smooth and thick. Remove from heat, cover, and cool. Stir in vanilla.

To assemble the cake, cut layers horizontally into 2 layers each. Place bottom layer on cake plate and spread with half of the custard. Top with next layer. Spread with the strawberry or apricot jam. Reserve a few of the nicest strawberries for garnish on top of the cake. Spread with remaining custard. Top with remaining layer of cake.

Great Fun at our Annual Norwegian Heritage Open House.



Lots for everyone to see and learn.

Jeanne Holt with her Hardanger demonstration.



John and Sylvi Olsen's display of Northern Norway.



Phebe Fricioni and Terry Lord getting our lunch ready.

Yummy desserts.

Our 84th Lodge Anniversary is June 3, 2014.

We will be celebrating our anniversary at our June Lodge meeting.

Join us for the celebration on Saturday June 14, 2014 at 12:30pm.
We are proud our Lodge has stayed active for 84 years. Let's make sure we'll be active in another 84 years.



On Memorial Day this year take some time to remember the Men and Women we have lost; and give thanks for the troops keeping us safe.



**SONS OF
NORWAY**

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Save stamp
for Tubfrim.

