

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 84, Issue 6

June 2014

Ord Fra Presidenten...

Our April Lodge meeting was wonderful. The Tea and Bunad Fashion show was so great. We had a wonderful turn out; but what made it special is the Scandia dancers that brought their Bunads to share with us. The Bunads are beautiful Norwegian costumes, and we are very thankful they shared them with us.

June is going to be great fun too. We will be celebrating our 84th Anniversary of the Lodge. That is amazing in itself. We will have a verity of events for our program. You will not want to miss this meeting.

Martha, Phebe and I will be going to the district convention in June. We will be coming back to you with report, ideas and stories to share.

Now remember we will not meet in July or August. September 13, 2014 we will met again. Luella Grangaard from Solskinn #6-150 from Palm Desert will be with us again to help us with our Chip Carving Skills.

We will have a potluck meeting if your last name is please bring:

A to H - a Salad,

I to P - a Main Dish

Q to Z - a dessert

Have a wonderful summer.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

June 14, 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) 928-5975

Note: We do not meet in July or August.

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

Join us in June for our last event
for before our summer break.

**Remember we are not meeting in
July or August.**

See you again in September.



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. . .

June

14 – Lodge Meeting – 84th Anniversary Celebration



15 – Father's Day

21 – Summer Begins

July – NO MEETING

4 – Independence Day

August – NO MEETING

September

1 – Labor Day

13 – Lodge Meeting – Pot Luck

Chip Carving with Luella again.

Work on you Chip Carving you started last year. We want to help you apply for your Cultural Skill Pin.

This Month's Birthdays. . .



June

15 – Patricia Lampe

15 – Fruman Risa

19 – Idell McDonough

July

11 – Gabriela Pedroza

18 – Roni Lion

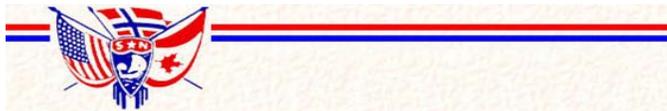
Camp Norge. . .

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

Meeting Date: May 10, 2014

In lieu of a regular meeting we had a tea and Bunad fashion show. Phebe turned our meeting hall into a lovely tea room complete with china cups and plates, silverware place settings, a variety of tea pots and beautiful table clothes and flowers on each table. We had 50 guests from our own members and their guests to members from others lodges. It was a great turnout. A variety of teas were available at each table and sandwiches and fruit salads were served.

A delicious dessert made by Sylvi was served as well.

Troann and Phebe had just returned from Santa Rosa where they spent a week working on their Bunads. They modeled their accomplishments for us. There is an amazing amount of work that goes into the construction and embellishment of a Bunad. Each is a treasure and eventually becomes a family heirloom.

The Scandia Dancers joined us and presented a fashion show of their Bunads from various regions in Norway. The history of the styles and the specifications for wearing them was provided. One never wears any part of a Bunad alone - you wear the complete ensemble or regular clothes. There are copies of Bunads that are available and acceptable to wear casually. It was interesting to see the various styles, colors and fashions and to learn a little of the origins.

We had a silent auction for Norwegian sweaters that were donated to our lodge.

The 50/50 drawing was won by Cheryl who took home \$14.00. I believe she used it toward the purchase of one of the sweaters.....a good investment

This event was a huge success and a big thank you to all the ladies who worked so hard to make it possible. An incredible amount of work was done in preparation to assure that everyone would have an enjoyable afternoon at our Fridtjof Hansen Lodge.

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 Director	Johan Olsen Sylvi Olsen	(562) 490-0801
Historian	Jeanne Paige & Gail Taggert	(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	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

A Bit of Humor. . .

Lars, the bartender, asked Ole, "Do ya know da difference between a Norwegian and a canoe?"

"No, I don't," said Ole.

"A canoe will sometimes tip," explained Lars.

Subject: Ole and Lena marriage counseling

After 35 years of marriage, Ole and Lena went for counseling. When asked what the problem was, Lena went into a passionate, painful tirade listing every problem they had ever had in the years they had been married.

On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured. Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking Lena to stand, embraced and kissed her passionately as her Ole watched with a raised eyebrow.

Lena shut up and quietly sat down as though in a daze. The therapist turned to Ole and said, 'this is what your wife needs at least 3 times a week. Can you do this?'

'Well, Ole says, I can drop her off here on Mondays and Wednesdays, but on Fridays, I fish.'

As published in the Norwegian American Weekly magazine on February 21, 2014, you can go to this website to learn Norwegian free of charge: <http://www.ntnu.edu/learnnow>

Welcome to LearnNoW

LearnNoW is an online beginner's Norwegian course, free of charge.

It is developed by the LearnNoW Team from the Department of Language and Literature at the Norwegian University of Science and Technology, NTNU, on behalf of the Norwegian Agency for Lifelong Learning, Vox, an agency of the Norwegian Ministry of Education and Research.

COOKIES FOR THE CONVENTION



All lodges in District 6 are asked to bring cookies if at all possible, (**only authentic home-baked Norwegian cookies**). We will be bringing home-baked Norwegian cookies to the convention for our coffee breaks. Consumption of 50 dozen cookies at each of the five coffee breaks is typical. If you can donate cookies, Phebe, Martha and Troann will take them to the convention. It would be helpful if you will:

- Let me know how many cookies you will donate (the convention cookie chairperson needs to know this in advance);
- Make cookies that can be frozen;
- Put them in ziplock freezerbags to keep them fresh (we will take a cooler to transport them to the convention); and
- Bring them to the June 14th Lodge meeting.



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





Our Top Picks – 7 Beaches in Norway. . .

It should come as no surprise that Norway is beautiful in every season, but did you know that it has some pretty great beaches too? Norway's long coastline is an eclectic mix of rocky shorelines, fishing villages and busy harbors, inlets that snake into fjords and sandy shorelines that create the perfect beaches. Norway's south coast is typically the ideal destination for beachgoers in the summer but there are gems up north as well. We have compiled a list of seven beaches to visit in Norway. Hopefully you'll get a chance to someday visit one of these seaside *strender* (beaches).

Hukstranden, Oslo

Located on the beautiful edge of the Bygdøy peninsula, patrons can sun themselves on the sand, the grass or the rocks nearby and watch the ships coming and going in the Oslo harbor. Popular with city residents both young and old this beach is a great escape, but still close and convenient to downtown Oslo.

Listastrendene, Farsund

Farther south are the sand beaches of Lista, located in the larger municipality of Farsund. Seven miles of beautiful sand beaches provide beachgoers an opportunity to go for a dip and daredevils to windsurf and kite in the southernmost waters off Norway.

Sommarøy, Tromsø

Hard to believe this is Northern Norway, but Sommarøy is a tropical island looking paradise just a 20 mile drive from Tromsø above the Arctic Circle. "Summer Island" is a quaint fishing village and a treasured tourist destination because of its white sand beaches and beautiful scenery.

Solastranden, Stavanger

Just a couple miles from the Stavanger airport is Solastranden. One of the most popular beaches in the region, Sola is busy year round with visitors biking, hiking, swimming, kiting, and grilling on the beach. Stay at the Sola Strand Hotel and take a peek back in time by catching a glimpse of WWII wreckage marooned on the south end of the beach.

Orrestranden, Jæren

South of Solastranden are the beautiful beaches and sand dunes of Jæren. Orrestranda is one of Norway's longest sand beaches and can easily be confused for the iconic beaches of Cape Cod. Surf in the beginning level waters, enjoy a bike ride around the area or play it safe by visiting Orre's "Frilufthuset" (recreation center) wildlife museum.

Bleikstranda, Vesterålen

Another option above the Arctic Circle is Bleik beach on Andøya, an island in the Vesterålen archipelago. Found on the National Tourist Route, this beautiful area is known for its fishing, whale watching and Northern Europe's longest sandy beach. Steep cliffs, long bridges and views of the midnight sun will make the long journey worth your while.

Bystranda, Kristiansand

Literally translated to city beach, Bystranda is located in Norway's fifth largest city of Kristiansand. The exquisite Scandic Hotel sits within walking distance of the beach and serves as a great vacation destination for tourists. With a sandy beach, swimming pier, sun deck and even palm trees, Bystranda is one of just five beaches in Norway to be awarded the Blue Flag environmental certification.



Midsummer Campfire Bread and Hot Dogs

Adapted from www.thefamilydinnerbook.com

- 1½ cup warm water
- 3 tsp active dry yeast
- 4 cups (or more) all purpose flour
- 1 tsp sugar
- 2 tsp salt
- 2 tbsp olive oil + a little extra
- 12 Hot dogs
- Long sticks, bamboo poles or metal skewers
- Ketchup and mustard

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves.

Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour.

Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid. Prepare a fire and let it burn down to red coals.

Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.



Cut-Off Date to Turn in Box Tops

Please turn in your remaining box tops to Troann Loy by June 14th. . . Please continue to save your box tops throughout the summer.

We are donating our Box Tops to Christ Lutheran Church's Preschool.

(Box tops on Betty Crocker [bake ware], General Mills [Cheerios], Hanes [underwear], Hefty, Pillsbury, and other products.)

Each box top is worth \$0.10, for our chosen school.

A small action can make a big difference.

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Mange Takk to Roni Lion for keeping our website running.

CONGRATULATIONS TO US!

Fridtjof Nansen Lodge will be celebrating our 84th anniversary on June 5, 2014.

The lodge was started on June 5, 1930 and here we are today, 84 years later, still sharing our Norwegian heritage and culture with pride.

We have lost many special members over the years who, through their hard work and devotion, were instrumental in making the lodge endure and flourish. They are much appreciated and missed.

We want to thank every member for their faithfulness in helping to maintain the lodge, grow the lodge and continue the core values. We cannot succeed without everyone's participation.

Tusken Takk

VIRTUAL PILGRIMAGE . . .

Have you heard about Sons of Norway's new Virtual Pilgrimage? As with the Sports Medal Program, this new offering rewards members for living an active lifestyle. The journey is a window into the experience of the pilgrims in Norway, who walk a network of routes called St. Olav's Ways'.

History. . .

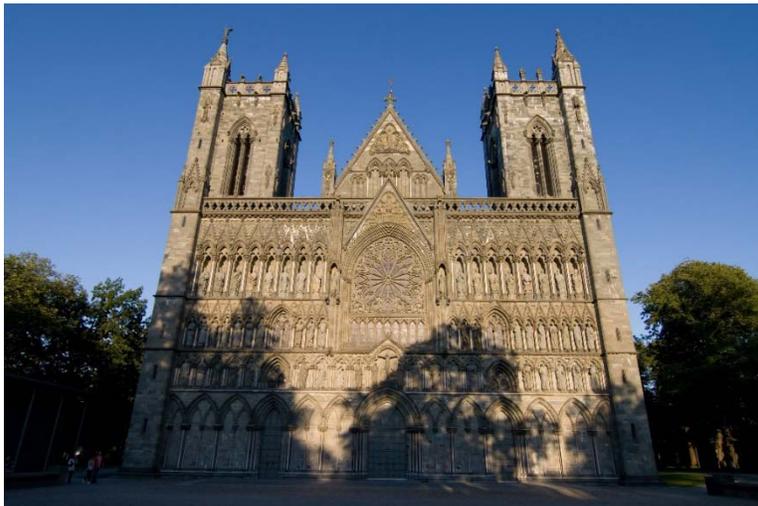
The son of Viking explorers, King Olav Harraldson (995-1030) ruled Norway, determined to unite the country under Christianity. However his efforts did not go unopposed. He fell in the Battle of Stiklestad in 1030 and his body was laid to rest in what is now Nidaros Cathedral. Soon after his death he was canonized St. Olav, the patron saint of Norway. The routes that St. Olav once trekked were thereafter claimed as pilgrim trails all leading to the shrine of St. Olav in Trondheim. During the Middle Ages, Trondheim, once called the city of Nidaros, was the greatest pilgrimage destination in Northern Europe.

To this day, people from around the world make the trek to Nidaros Cathedral to celebrate their patron saint on St. Olav's Day, July 29th. The Sons of Norway's Virtual Pilgrimage features Norway's most famous route from Oslo to Trondheim, the Gudbrandsdalen Route following the Old King's Road. This 387 mile journey takes pilgrims through cities, small villages, past historic churches, farms, beautiful mountains and fjords. Get active and learn about Norway while doing it!

Here's how to get started:

- Print out a Pilgrimage record card found on the Sons of Norway website or ask your lodge sports director for more information.
- Walk around your neighborhood, park, shopping mall or gym.
- Track your mileage on your record card.
- Learn about historical locations along the Pilgrimage route in Norway found at (www.sonsofnorway.com/pilgrimage)
- Track your route on a map of Norway and after 387 miles of walking the virtual journey will end at Nidaros Cathedral in Trondheim, Norway.
- You must start the pilgrimage in 2014 and you must finish your 387 miles by the end of 2015.
- Turn in your record card to your lodge sports director and receive recognition of completion from the Sons of Norway Headquarters.

Nideros Cathedral



April was a great event, what an amazing turn out. For our first Tea ever we did pretty well. We learned some valuable lessons for our next time. Thank you to everyone who helped set up and clean up. There was a lot of hard work with some sweat and tears but all was well worth it.

The best part was the all the amazing Bunads in the fashion show. The Scandia dancers did an amazing job. We cannot

thank them enough. Enjoy the pictures.



Tea and Bunad Fashion Show





“Frozen” Drives Increase in Norwegian Tourism Interest

Disney’s latest box-office hit, “Frozen,” has been collecting accolades and breaking records, landing in the top spot on a list of the highest grossing animated films and winning an Oscar for Best Animation Feature and another for Best Original Song for “Let It Go.”

Inspired by H. C. Andersen’s story, “The Snow Queen,” and taking its art cues for the fictional kingdom of Arendelle from Bergen, Norway, “Frozen” offers moviegoers many Nordic influences they will recognize. Art director Mike Giaimo explains, “Norway offered a cultural backdrop we’d never explored before and we thought ‘Wouldn’t it be great to blend its dramatic environment, architecture and folk costume aesthetic?’ It feels like a world from a classic Disney film, but it’s completely new.”

As a result of the film’s Nordic styling and record-breaking popularity, Innovation Norway, Norway’s official tourism organization, and a joint partner in Disney’s marketing efforts for the film, is reporting a 350 percent increase in viewership of their website in the U.S. Per Arne Tuftin, Innovation Norway’s director of tourism, and Sidsel Overgaard, a Scandinavian journalist, identified the significant increase for Norwegian tourism as a

A Few of Frozen’s Scandinavian Influences:

- Sámi culture inspired several different aspects of the film including Sven the reindeer, decorations on the sled that mimic *duoji* décor and the clothing style of the ice cutters.
- Sámi musician Frode Fjellheim’s “Eatnemen Vuelie” is the film’s opening song. It contains elements of the traditional Sámi singing style, *joik*.
- Art directors were inspired by elements of Akershus Fortress.

Clooney to film North Sea Divers movie

Actor-director George Clooney is planning a Hollywood version of Norwegian North Sea diving movie Pioneer, because he is drawn by "the cinematic possibilities of the underwater world," the film's producer has told the UK's Observer newspaper.

The Observer reported on Sunday that Clooney is set to "champion" the cause of Norway's divers, who are fighting for remuneration for injuries sustained in the early days of the Norwegian oil industry.

It reports that Smokehouse Pictures, Clooney's production company, got in touch with Pioneer's Norwegian producers after the film was released in Norway last year.

"When we first started work on Pioneer, Smokehouse got in touch. They came back to us last year when the film was released in Norway," Christian Fredrik Martin, the producer of the Norwegian film said.

"Clooney and his fellow producers were attracted by the cinematic possibilities of the underwater world, I think, and also because it is the kind of non-fiction story their company has been interested in turning into films in the past."

Clooney plans to adapt the film with Grant Heslov, the writer-producer with whom he started Smokehouse productions in 2006.

The Local (news@thelocal.no)

Happy Father's Day



Fridtjof Nansen #6-009 Long Beach, CA

www.fridtjofnansenlodge.com

www.sofn6.com

Troann Mortensen Loy

9062 Kahului Dr.

Huntington Beach, CA 92646

tm4rb5@gmail.com

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