

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 84, Issue 7

August 2014

### *Ord Fra Presidenten...*

Here we are getting ready for Fall and back to School; where did the summer go. I hope you had a good one.

Are you ready for all the events we have planned for you the rest of this year? I am very excited and hope you can make every meeting.

Our first meeting is September 13, 2014. Luella Grangaard from Solskinn #6-150 from Palm Desert will be with us again to help us with our Chip Carving Skills. See flyer inside.

**It will be 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**

MARK YOUR CALENDARS:

SUNDAY MAY 17, 2015 – SYTTENDE MAI

We are working with Peer Gynt and Solbakken Lodges to have a joint celebration this next year.

**SATURDAY JUNE 6, 2014- 85<sup>TH</sup>  
ANNIVERSARY CELEBRATION**

We should be very proud our lodge has made it to this very special anniversary. We are working hard to make it a special celebration.

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,  
**September 13, 2014 at 11:30 am** 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 for our next event, on **Sept. 13, 2014 at 11:30 am**. It is a **potluck** and Luella Grangaard is coming back to give us our 2<sup>nd</sup> class on Chip Carving. If you have a carving from last year or be ready to start your new carving. It is an amazing skill to know.



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*** ***September***

***1 – Labor Day***

***7 – Grandparent's Day***

***13 – Lodge Meeting with***

***Luella Grangaard teaching us Chip Carving – Let's get our cultural skill pins this year.***

***Romina will share with us about her adventures at Camp Trollfjell.***

***23 – Autumn Begins***

***27- Peer Gynts Heritage Days***

***Phebe will be driving to Culver City let her know if you would like to ride with her.***

### ***October***

***4 – Board Meeting 9:30am at El Dorado Restaurant and Golf Course.***

***11 – Lodge Meeting – Prof. Ernst Tolsing will be presenting the history of Viking Ships.***

***Oct.31 – Nov.2 Southern California Kretsstevne at Banning Stagecoach KOA Campground- for more info call***

***Nancy Madson (760) 343-0848***

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



### ***August***

***1 – Dorothy McKinley***

***19 – Terry Lord***

### ***September***

***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

***“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) 986 -7199

Cell: (818 )667-6627

Fax: (818) 905-5785

Luella Grangaard is coming back to our **Lodge Meeting on September 13, 2014** to continue teaching us how to do the Norwegian skill of **Chip Carving**. Here is her bio. This is a great opportunity to learn something new or continue to work on the project you started last year. 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 11:30AM.**

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.

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## Introduction to Chip Carving - September 13, 2014

### 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](http://www.woodcraft.com)

**Rockler Woodworking and Hardware**, 20725 Hawthorne Blvd, Torrance, CA 90503 or online at [www.rockler.com](http://www.rockler.com).

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



## A Bit of Humor

Lena decided that she and Ole needed a bit of culture, so she purchased tickets to the Ballet. That evening after watching the performance for about 30 minutes, Ole leaned over to Lena and whispered in her ear, "I don't see why dey dance on dere toes. Why don't dey yust get taller dancers!"



**Two Norwegian hunters from Minnesota got a pilot to fly them to Canada to hunt moose. They bagged six. As they started loading the plane for the return trip, the pilot said the plane could take only four moose.**

**The two lads objected strongly, "Last year we shot six, and the pilot let us put them all on board, and he had the same plane as yours."**

**Reluctantly, the pilot gave in and all six were loaded. However, even on full power, the little plane couldn't handle the load and went down a few moments after take-off.**

**Climbing out of the wreck one Norski asked the other, "Any idea where we are?"**

**"Yaaah I tink we's pretty close to where we crashed last year."**



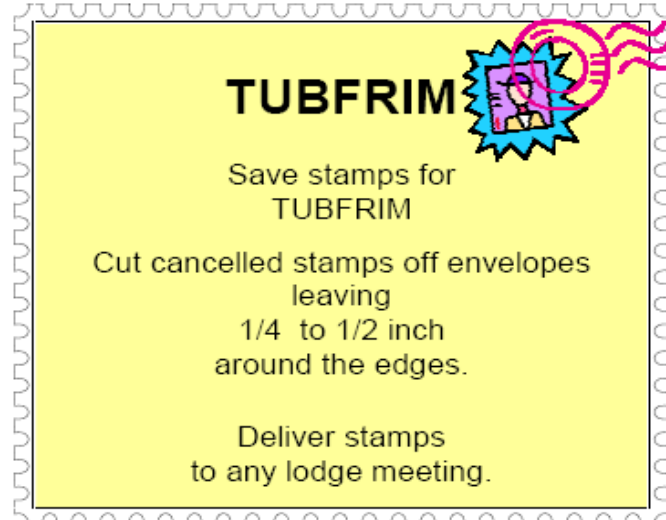
Author O. E. Rolvaag, an emigrant from Norway, powerfully describes in *Giants in the Earth* (1927) the adversity of 1870s pioneer life. He based the novel in part on his experiences in the Dakota Territory (now South Dakota), casting the radiant and terrible prairie as a major character.

Rolvaag's settlers, living in sod huts, must battle hunger, loneliness, snowed-in winters, wild summer storms, and locusts ravaging painstakingly grown crops. The lives of Per Hansa and his wife, Beret, and their four children reveal the human cost of claiming a quarter acre. Per Hansa is a man of great determination, but Beret Hansa simply cannot set roots in this foreign soil and slowly loses her reason.

Most sod structures have morphed back into the prairie-lands, but a surviving sod house stands at **South Dakota's Prairie Homestead**, 3 miles from I-90 at Exit 131. The Cultural Heritage Center in Pierre provides insight into settlers'.



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



## Around the District

Norrna Lodge – Van Nuys  
Lutefisk Dinner  
Nov 7 and Nov. 8<sup>th</sup>  
First come first served.  
Saturday arrive at 4:00pm



### 2014 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President: Treasurer	Phebe Fricioni Phebe Fricioni	(562) 430-5092 (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: Marshall:	Phillip Knudsen Johan Olsen	(562) 424-1384 (714) 537-9646
Social Director:	Terry Lord	(714) 369-2420
Trustees:	Dee Ronning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	



### In loving Memory . . .

Robert M Dela November 15, 1921 – March 14, 2014  
 Longtime member of Fridtjof Nansen Lodge; even when he moved to South Dakota he kept his membership with us. He enjoyed staying in touch with us through the newsletter.

We received a note from his wife.

Robert slipped away from us- his old heart just got too tired to continue. But he lived a great 92 years, had a good life and he experienced many interesting things. I always say about us children of the Great Depression era – there’s nothing wrong about being poor or hungry – it produced a resilient and strong people, who proudly “survived” Ask Herman Holt and Dee Ronning about that. I will miss the Viking when I don’t renew his membership and I always enjoyed the Fridtjof Nansen newsletter. - - Keep up the good work and have fun there in Cal. I felt like a “Californian” for 40 years but I never lost the fact I was born in South Dakota. Respectfully, Pauline Dela



#### Miss Me - But Let Me Go

When I come to the end of the road  
 And the sun has set for me.  
 I want no rites in a gloom filled room,  
 Why cry for a soul set free?  
 Miss me a little - not too long.  
 And not with your head bowed low.  
 Remember the love that we once shared,  
 Miss me - but let me go.  
 For this is a journey that we all must take  
 And each must go alone.  
 It's all a part of the Master plan,  
 A step on the road to home.  
 When you are lonely and sick of heart,  
 Go to the friends we know.  
 And bury your sorrows in doing good deeds,  
 Miss me - but let me go.

**We also lost our member Askel Anderson – He was a Life Member living in Banning, CA.**

**We also lost Helen Krogstad in July 2014.**



**A memorial service is Saturday, Aug. 23 for Helen (Elizabeth) Holt Krogstad., who died Friday, July 25, of complications from old age at Sunrise Assisted Living in Seal Beach (Calif.) She was 98. The service is at 2 p.m. at Christ Lutheran Church, 6500 Stearns, Long Beach.**

**Helen was a teacher in several settings during her life, including parts of five decades in LBUSD. She taught Navy fliers how to use Link trainers during WWII and spent two years teaching children of occupation forces in post-WWII Europe.**

**Helen was born Sept. 2, 1915 in the rural township of Alvarado, Minnesota to Carl and Selma Holt, who ran a small store. She grew up among five sisters and a brother, of whom she was the last survivor. After graduating high school, she taught in a rural one room schoolhouse for a year before attending Moorhead State Teachers College and receiving her teaching credential.**

**In 1942 she enlisted in the [US Navy](#) WAVES. She utilized her teaching talents as a Link trainer instructor for would-be pilots at bases around the US. She rose to the rank of Lt.jg. At one point she heard an officer say the base at "Los Almightos" needed a Link training instructor. She laughed at his mispronunciation, applied and transferred (to Los Alamitos Naval Air Station). She began calling California home.**

**After WWII, she taught primary grades in schools around Long Beach, including a stint in Avalon. She made fast friends with a dozen teachers who met monthly for decades to socialize. A few teachers from this group decided to help with the post-war rebuilding of Europe. They went to Germany to teach in the Stuttgart American School, and for two years Helen took advantage of the opportunity to visit much of Europe and the Middle East.**

**Returning to her teaching in Long Beach, she met Reuben Krogstad, a Cadillac salesman. They married in 1952 at Our Savior's Lutheran Church in Long Beach and had a son, Tom, in 1954. Stints followed teaching lower primary grades, upper grades and substituting.**

**She traveled extensively with Reuben and after he passed away, with women friends until 2000. Also in retirement, she kept up her near-daily habit of swimming and her monthly habit of golfing until she was 90. (she stopped playing tennis at 85 and stopped driving at 95). She attended Christ Lutheran Church in Long Beach until the last few years. She was a volunteer for the Long Beach Symphony and at the Long Beach Yacht Club's annual Congressional Cup yacht race. She was also a member of Sons of Norway and AAUW.**

**She is survived by her son Tom and her granddaughter Katie. Also by her stepson Ken Bryan Krogstad and his children Jeff and Kerrie. A second stepson Paul Arthur Krogstad passed away in 2001, leaving his children Michael, Dr. Paul and Chryss. There are eight nieces and nephews – Chuck, L. Kenneth, Susan, Carol, Louise, Jean, Nils and Eric. Assorted grand-nieces and nephews, step-great grandchildren and step-great-great grandchildren also survive.**

**In lieu of flowers, donations can be made to the Women In Military Service for America Memorial Foundation, Dept. 560, Washington, DC 20042 – 0560.**

Sons of Norway Recreation Center

Alta, California

May 28, 2014

Dear Presidents:

If your lodge has a Camp Norge Ambassador, that Ambassador also got a copy of this. If not, please bring this to the attention of your members. This letter contains a very urgent plea for your help.

What a Memorial Day celebration we had at Camp Norge. The weather was perfect. The food was plentiful and delicious. The people who came enjoyed the camping experience, the camaraderie of their fellow Sons of Norway members, the social hour, wine tasting, silent auction and craft fair, hikes and visit to the museum.

Our thanks to Chef John Syrdahl for the food, to President Linda for the wine tasting and Valerie Wolfe for the craft faire.

We saw many tents and tent trailers, and there were more children than we have seen for a while. It was such thrill to look down in the meadow and see children running and playing and using the swing set. Seemed like old times.

Rejoice! Rejoice! Rejoice with us. We have a Treasurer. Susan Winje, a resident of Alta, and the daughter of the late Kaare Winje from Roald Amundsen #48 has joined our Board and has been elected Treasurer. She has experience in bookkeeping and computers, and is in Real Estate in the area.

Another rejoice! Kirby Aasen from Vikings of Lake #166 has joined our Board and will be on the Buildings and Grounds Committee. We met Kirby as a participant in the recent Work Party. Everyone liked him and admired his exacting work (and his lovely wife, seamstress Ellen). We are all looking forward to working with him and appreciate his talent.

As fraternally successful as our weekend was, there was some disturbing news for the Board. We received bills amounting to \$2,000 from Placer County for different permits for kitchens, swimming pool, septic tanks, etc. And we thought we were catching up.

And Language Camp is expecting us to furnish washers and dryers for their use during their camp. The washer and dryer in the meadow bathhouse have not worked for some time and were disposed of when the remodeling took place and the wallboard had to be removed. The washer and dryer in the upper bathhouse is very old and can barely keep up with washing the dishtowels once a week. If you remember, these were used machines donated by Carl Ronning of Viking Lodge #89 in Chico before he retired and sold his appliance repair business about 15 years ago.

Language Camp will have to get by with one set, if someone will give us one, with restrictions it is just for kitchen linens and use by the nurse for sick children. We are hoping some kind, generous lodge or member will donate a set. A washer and electric dryer. THIS IS VERY IMPORTANT. PLEASE GIVE IT SERIOUS THOUGHT.

It seems lodges and members like to donate to camp for a specific item, and believe me this is one specific need that cries out for immediate action.

So, these are the joys and perils of Camp Norge for May.

Penny Knudsen, Secretary

2014 Convention notes from the delegates:

As I sit down to write about my adventures at the 32<sup>nd</sup> District 6<sup>th</sup> Convention, I smile.

It takes planning to go to the convention.

It takes time out of your busy schedule to go to convention.

It takes a little bit of your money to go to convention.

But it is well worth it all.

I LOVED going to my 2<sup>nd</sup> convention.

I LOVED the atmosphere of people of like mind and culture wanting to share and be together.

I LOVED learning the procedures and prodigal (Roberts Rules of Order) for the convention.

I LOVED all the good Norwegian Cookies at our breaks.

I LOVED learning more about the Sons of Norway, the Fraternal and the Foundation.

I LOVED getting new ideas to share with my Lodge.

Most of all I LOVED knowing we are all together in this job of sharing our heritage, culture and pride of being Norwegian.

The New District 6<sup>th</sup> Board is  
President - Mary Beth Ingvaldstad  
Vice President – Luella Grangaard  
Secretary – Nancy Madsen  
Treasurer – Bob Sather



I challenge all of you to think about going to the Sons of Norway Convention in 2016. I know you will LOVE it.

And last but not least I want to thank the Lodge for sending me as your delegate to the Sons of Norway District 6<sup>th</sup> Convention.

Respectfully submitted, Troann Mortensen Loy



The Ladies in the  
Bunad Parade.



## Viking Longboat Delayed, Not Defeated

The Draken Harald Hårfagre—the largest replica Viking longboat ever built—set sail in late June from Haugesund, Norway toward Liverpool, England. Using only human power to row its 50 oars and the wind behind its 3,200 square foot sail of pure silk, the crew intended to make a stopover at the Isle of Man before continuing to England.

Unfortunately, three days into the voyage, the ship encountered large waves and high winds, causing the mast to snap and plummet overboard.

Vicki Inglis, a volunteer crew member who blogs at <http://thesevagabondshoes.org/>, was asleep on board at the time and recalls being “woken by a loud crack by my head, like the sound of a locker slamming shut, followed by rumbling, then urgent shouting. Wearing only long underwear and a t-shirt, with bare feet, I climbed out of the tent through a tangle of rope. The thick shrouds snaked across the roof of the tent, and had smashed down on the galley, spilling sugar grains across the deck like ice crystals. Turning to look forward, the huge rå (yard) lay across the beam of the ship, the red sail pooling underneath and spilling over the rails into the water. And a space where the mast should be.” Astonishingly, the top 16 feet of the mast fell off to one side of the boat, while the larger part, roughly 55 feet long and 2 feet in diameter, broke off in the other direction. Neither part had damaged the body of the ship, but floated off to the side. Despite the close quarters on board, no crew members were injured during the accident. On July 10th, the captain announced that the crew and ship would forge on toward Liverpool, with slight adjustments to their route. They would go through the Caledonian Canal rather than sailing around northern Scotland without a sail. They navigated to Inverness, passing through Loch Ness and on to Fort Augustus, Neptune’s Staircase, the Isle of Mull, and Islay. Despite not having a sail, the ship arrived in Liverpool ahead of schedule.

During the ship’s passage through the Caledonian Canal, two crew members who are boatbuilders, Arild and Ola, traveled around Scotland in search of timber for a new mast that could withstand the voyage back to Norway. They selected a massive Douglas fir from Dumfries, which was transported by semi trailer, arriving just after the longship.

Once the boat was docked in Wallasey near Liverpool, the ship was cleaned and re-tarred and the sail stretched, before the boat was opened for public viewing.



From your Delegate Martha Green- I want to Thank the Lodge for sending me to my first Convention.

I attended a workshop where we exchanged ideas for topics that members would find interesting. Of course I shared about our workshop where we made birthday and Xmas cards using Norwegian themes and words. One of the lodges did a Norwegian beer, wine and cheese tasting. Now that sounds like fun to me. Another lodge did an Antiques Roadshow theme using Norwegian keepsakes. Another group built a Viking ship, unfortunately, I don't remember why, and I didn't take a note. Could be interesting. Another suggestion was listening to one of the series on Vikings presented by Great Courses.

I believe there was a Split Pea Soup contest and they gave out Norwegian ladles as presents. Another cook-off did meatballs: Italian vs. Sweden (Norwegian), and, of course, cookies.

What I thought was interesting, Think it was my idea.....investigate the meaning behind all of the other lodge's names.

Go to the International web-site for other programming ideas, and reading other lodge's newsletters.

And, this might be difficult for us, altho, I do have someone to ask. Shell Oil has a DVD about the gas line from GB to Norway and about the oil discovered there. Think it was called "Viking Sword".

From your Delegate Phebe Fricioni

We had a great time at the convention and everyone should try to go in 2016.

We met some wonderful Sons of Norway members, shared Ideas, learned about lodge periodical and ate great cookies.

We shared our Norwegian gift tags with the delegates. They really liked them.

I got my first Cultural Skill Pin in Music. Now I want more Cultural Skill Pins.

Thank you very much for letting me go as your delegate. Ask me about the Convention I cannot wait to tell you.

### Lingonberry Bars: From The Norwegian Kitchen by Kjell E. Innli

• Scant 2 cups of flour • 2/3 cup sugar • 1 tbsps baking powder • Scant 2/3 cup unsalted butter • 1 egg • 3/4 cup lingonberry preserves

Topping: • 2/3 cup oatmeal • 3 tbsps butter • 1/2 cup sugar • 1/2 tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender.

Add the egg and mix well.

Spread into a greased 8x12" pan.

Spread the preserves over the batter.

Combine all ingredients for the topping and sprinkle over the batter.

Bake 25-30 minutes, until golden.

Cool in the pan.



[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.

### **HUGGING IS GOOD MEDICINE**

***It transfers energy and gives the person hugged an emotional lift. You need four hugs a day for survival. Eight for maintenance, and twelve for growth.***

***Scientists say that hugging is a form of communication because it can say things you don't have words for. And the nicest thing about a hug is usually one cant' give one without getting one.***



## Kulture

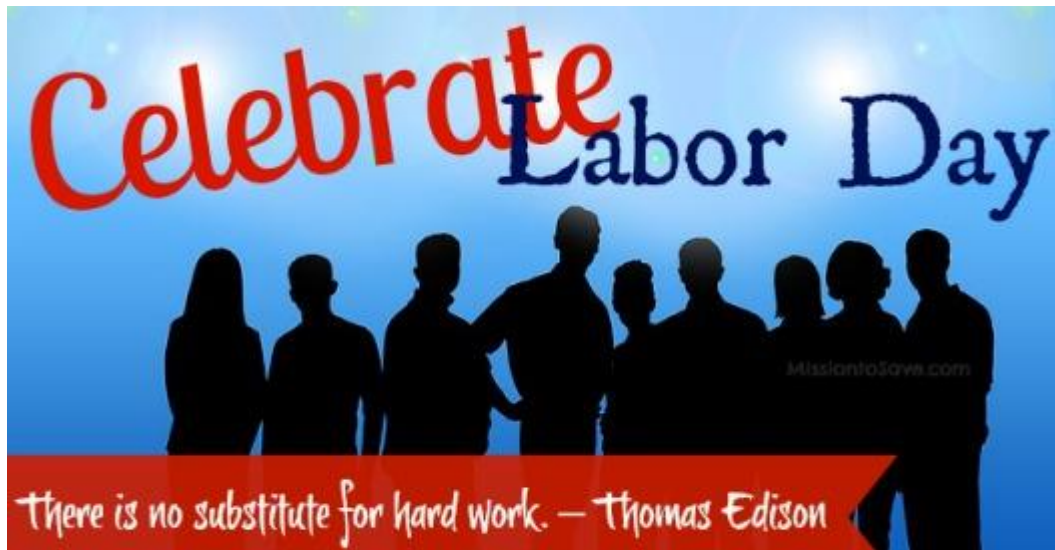
Norway is part of the region known as Scandinavia. Scandinavia includes Norway together with its neighbors Denmark and Sweden, as well as Finland and Iceland. Norway is bounded on the west by the Atlantic Ocean for most of the country's length, on the southwest by the North Sea, and directly to the south by the Skagerrak, an arm of the North Sea. To the east, Norway shares a long border with Sweden, and for a short distance in the north with Finland and Russia. Norway stretches across the north and west of the Scandinavian Peninsula. It is a long country with bulges at the north and south, while its midsection is as narrow across as 3.9 miles (6.28 kilometers) at one point. It has an area of 125,051 square miles (323,882 square kilometers)—roughly the same size as the state of New Mexico. Norway is the longest country in Europe and one of the most mountainous: only one-fifth of its total area is less than 500 feet (150 meters) above sea level. Almost one-third of the country lies within the Arctic Circle. The sun shines almost round-the-clock at the height of summer in mid-June, but in winter there is very little sunlight in mid-December. Overseas territories claimed by Norway include the Svalbard islands and Jan Mayen Island (both in the Arctic Ocean), Peter I Island (off the coast of Antarctica) and Queen Maud Land (a wedge-shaped piece of Antarctica itself).

**Language:** Norwegian is a Germanic language closely related to Swedish and Danish. There are actually two forms of the Norwegian language. The more common of the two, was developed from Danish during the nineteenth century, while Nynorsk grew out of nationalistic impulses at the same time. Nynorsk is a combination of rural dialects while Bokmål is mostly spoken by people living in cities and towns. Religion: Norway's official religion is the Evangelical Lutheran Church of Norway. While 90 percent of the population is members, fewer than 20 percent are regular churchgoers. Norway also has small numbers of Roman Catholics, Greek Orthodox, Methodists, Baptists, Anglicans, Muslims, and Jews. Although Norwegians are not particularly religious, the overwhelming majority of parents have their children christened as infants. Most teenagers go through confirmation, the primary rite of passage for young men and women in Norway, at approximately age fifteen.

**Folklore:** Norwegian mythology originated from the ancient religion of the region. The chief god, Odin, lived in a walled city called Valhalla and was escorted into battle by nine warrior maidens called the Valkyries. Norway has a strong tradition of storytelling, and its folklore is full of odd, sometimes grotesque, creatures. Probably the most famous creatures of Norwegian folklore are the trolls—large, powerful, grotesque beings. Some trolls are considered friendly, while others delight in causing harm to human beings. Trolls appear as mascots, in Norwegian place names, in folk art, and in many folktales. Many Norwegian folktales portray a nearly senseless world; a world in which people never quite know what is going on.

**Food:** Norwegians eat four meals a day, of which the main one is middag (dinner), a hot meal usually eaten between 4:00 and 6:00 PM. A typical middag meal would be fish served with boiled potatoes and vegetables. The remaining meals are cold meals featuring the typical Scandinavian open-faced sandwich, called smørbrød in Norway.

These consist of ingredients such as cheese, jam, salmon spread, cucumber, boiled eggs, and sardines, served with bread and crackers. While fish is often served in mildly flavored forms such as fish loaf and fish balls, the more pungent smoked salmon (røkelaks) and aged trout (rakørret) are popular as well. Commonly eaten meats include mutton and meat balls. Lingonberry jam is a popular accompaniment to meals, and for dessert one may be served fresh berries, cream pudding (rømmegrøt) or fruit soup. Potatoes have been a very important staple in the Norwegian diet since the 1800s, when the church urged people to plant them to help put an end to hunger during the long winters. Coffee and aquavit, an alcoholic beverage, are the most commonly served beverages. Norwegians, like their Scandinavian neighbors, are some of the world's largest per capita consumers of coffee in the world. Norwegians generally drink it black. Norwegians also are one of the world's largest consumers of chocolate. On average, each Norwegians consume 17.6 pounds (8 kilograms) of chocolate a year.



#### NORWEGIAN MOVIE ON NETFLIX

Ok, it's not Norwegian, it's German.

But it takes place mostly in Norway, and features Norwegian actors.

*Two Lives* is a 2012 German drama film that explores the history of the *Lebensborn* or war children, born in Norway and raised in Germany.

There is quite a real history involved here that is most interesting—and tragic.

The movie explores the lives of a grown woman who had claimed to have escaped from East Germany, where she was raised, and her Norwegian mother, with whom she is reunited. Although somewhat complicated, the film is exciting and interesting. It was nominated for the International Debut Award at the Göteborg International Film Festival and was selected in 2013 as the German entry for the Best Foreign Language Film at the 86th Academy Awards.

One of the actors is **Liv Ullmann**, who at age 75 looks as comely and as photogenic as ever. She plays a grandmother role.

We thoroughly enjoyed this flick, which is currently streaming on Netflix.



SONS OF  
NORWAY

Fridtjof Nansen #6-009 Long Beach, CA

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

[www.sofn6.com](http://www.sofn6.com)

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