

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 84, Issue 8

October 2014

Ord Fra Presidenten...

Don't you just love being Norwegian? I do!

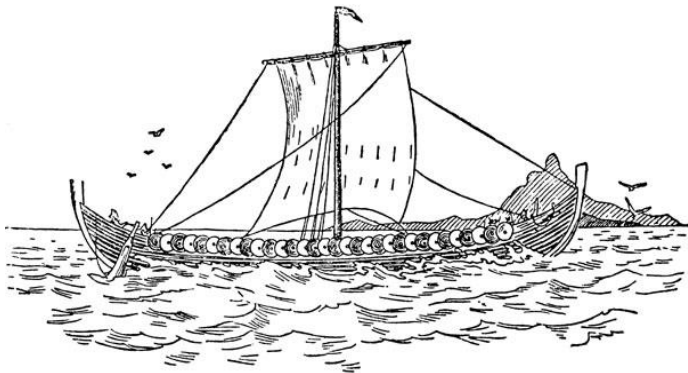
Don't you want to share being Norwegian with others? I do! Invite a friend to share being Norwegian with.

Don't you want to learn more about your Norwegian heritage? I do. Come to a Lodge meeting and learn more about being Norwegian.

Didn't we have great fun with Luella working on our chip carving? I did. It is a great Norwegian craft that almost anyone can do.

Thank you Luella.

This month we will be learning about Viking Ships from Professor Tonsing. You will not want to miss this meeting to learn more about our heritage.



Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

October 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) 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
October 11, 2014, at 12:30 pm.
We will have Professor Ernest
Tonsing from California Lutheran
University speaking on the history
of Viking Ships.



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

October

- 9 – Lief Erickson Day
- 11 – Lodge Meeting
- 11 – At Peer Gynt Lodge – Viking Feast
Reservations requested (310) 373-2213
- 13- Columbus Day
- 31 – Halloween

November

- 8 – Lodge Meeting – Learning Rune Alphabet
- 8 – At Solbakken Lodge - Lutefisk & Meatball Dinner
- 10 – At Norrona Lodge – Lutefisk Dinner

December

- 13 – Julebord Christmas Party

This Month's Birthdays. . . Gratulerer Med Dagen



October

- 3 – Kirsten Mortensen
- 10 – Judy Bohlen
- 10 – Fridtjof Nansen's
- 15 – Andrew Sorensen
- 24 – Drossy Troggle
- 24 – Martha Green

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

Fridtjof Nansen Lodge #6-009
Minutes from our Lodge Meeting
of 9-13-2014:

After not meeting for a couple of months it was nice to assemble again and catch up with everyone. In lieu of a regular meeting we enjoyed another chip carving event. Luella Grangaard came in from Palm Springs to conduct the class. We had a good turnout of participants and spectators. We broke for a potluck luncheon midway through the class. As always, our members brought delicious dishes to share and enjoy. Troann announced upcoming events at other lodges that we may be interested in attending.

Romina Solberg shared about her trip to Camp Trollfell at Camp Norge.

Pat Kelly talked about the financial benefits of the Sons of Norway.

Luella Grangaard gave a greeting from the District Board.

Our next meeting will be Saturday October 11th beginning at 12:30 with lunch.

Respectfully submitted,
 Barbara Shepard – Secretary



October is Foundation Month for Sons of Norway! It's a great time to think about all the worthwhile philanthropic opportunities our Foundation offers and how you might want to support them.

For example, did you know that the Sons of Norway Foundation offers multiple scholarship opportunities that are awarded every year to students throughout the organization? Also, did you know that the Foundation annually offers four different grants to fund local programs that benefit communities throughout the U.S., Canada and Norway? Because of the great work that the Foundation does and the significant need of members, students and lodges, Sons of Norway is asking all members to consider supporting the Foundation by making a contribution this month. Your support will ensure that the Sons of Norway Foundation can continue to make a significant positive impact on the communities it serves, while helping lodges and individuals achieve their dreams.

If you'd like to make a contribution to the Sons of Norway Foundation, you may visit us on the web at www.sonsofnorway.com/foundation or call (800) 945-8851.

2014 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President:	Phebe Fricioni	(562) 430-5092
Treasurer	Phebe Fricioni	
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 Asst. Historian	Gail Taggart Dee Ronning	(562)404-2582
Musician:	Judy Bohlen	(714)827-3913
Counselor:	Herman Holt	(562) 429-7638
Greeters:	Sylvi Olsen Jeanne Paige	(562) 490-0801 (562)429-3093
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

Ole said to Lena, "Lena, you have been with me through a tornado, through my heart attack, through crop disasters, through terrible blizzards, through my surgeries. Lena, I think you are bad luck to me.

Ole was dying upstairs in his house. Through squinting eyes Ole said, "Lena, are you here?" "Ya, Ole I am here." "Ole Junior, are you here?" "Ya, Dad I am here"

Signe, darling daughter, are you here?" "Ya, Pa, I am here." "Brother Lars, are you here?" "Ya, Ole, I am here." "Then why is the light still on downstairs?"

Ole was very ill, he sneaked downstairs for a brownie. Lena said, "Ole, those are for the funeral."

Ole went to the doctor complaining of severe pain. "Where does it hurt?" Ole poked his head and said, "It hurts HERE." Then he poked his ribs and said, "It hurts HERE." Then, poking his upper leg, he again said, "It hurts HERE." Finally, he put his finger in his ear, saying, "And it hurts HERE." The doctor started to laugh. He said, "For good-ness sake, Ole, you got a broken FINGER."

SUMMARY OF RECENT INTERNATIONAL CONVENTION BUSINESS

The Sons of Norway 2014 International Convention was held in Jacksonville, Florida during the week of August 18. Brief highlights: **Vice President Peterson** was removed from office for cause. Newly elected officers are **John Tehven, President; Ron Stebbings, Vice President; Dan Rudd, Secretary; and Ray Knutsen, Treasurer.** The 2016 convention will be in Tacoma. There was a presentation on strategic planning that focused on attracting younger members.

Pumpkin and Beef Casserole

Adapted from www.apéritif.no

- 2 lbs trimmed tender beef, diced • 4 shallots, roughly chopped
- 2 large garlic cloves, minced • 3 tbsp olive oil
- 2 plum tomatoes, chopped • 1 green bell pepper, cubed
- 1 tbsp salt • ½ tsp ground pepper
- 1 tsp tabasco • 1 tsp sugar
- 12 dried apricots, cubed • 3 large potatoes, peeled and cubed
- 2 cups white wine • 3 cups beef stock, water or broth
- 3 large sweet potatoes, peeled and cubed
- 1 medium sized pumpkin (about 7¾ lbs) • ¼ cup melted butter
- ½ cup fino sherry • 2 fresh cobs of corn
- fresh coriander

Heat oil in a large frying pan and brown beef. Add onion and garlic and saute until soft. Add remaining ingredients and bring to boil. Cover and simmer for 45 minutes.

Bring lightly salted water to a boil. Add corn and boil for 4 minutes. Remove from water and allow to cool. Cut kernels from the cob and set aside.

Remove the top of the pumpkin, creating an 8" or 9" opening. Remove strands and seeds. Brush the inside of the pumpkin with melted butter. Place pumpkin in a baking dish. Add sherry and corn to the heated meat mixture and pour into the pumpkin. Replace the pumpkin top and place in the oven on the lowest rack at 350° F. Bake for 1 hour. Serve directly from the pumpkin and include the tender flesh of the pumpkin.



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

TUBFRIM

Save stamps for
TUBFRIM

Cut cancelled stamps off envelopes
leaving
1/4 to 1/2 inch
around the edges.

Deliver stamps
to any lodge meeting.

Sons of Norway 23rd Annual Weekend Southern California Kretsstevne

Friday, Oct. 31 - Sunday, Nov 2, 2014

SCK Banning Halloween Weekend

Join us for the weekend or a day for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.



Banning Stagecoach KOA Campground & RV Park
1455 S. San Geronio Avenue, Banning, CA 92220
<http://kao.com/campgrounds/banning-stagecoach>

- Halloween for kids, Play Bingo Friday night and Bid on Silent Auction items Saturday
- Try your hand at Woodcarving and/or Chip Carving Saturday afternoon
- Learn some Folk Dances Saturday; enjoy Music and Songs, Games and Camaraderie • Food Demonstrations, DVD programs, and a Cultural Slide Show program

**** Lodging Options ****

Limited number of RVs (5) and Park Models (4) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch		130.00	
5 th wheel RV – could sleep four		100.00	RV with
bed and bunk beds – two adults w/children	95.00		RV, small, one bed –
one or two adults		95.00	
RV space, full hookups			65.00
Tent space			50.00



Please complete the registration form below and mail with your check made out to: Southern California Kretsstevne. Mail by October 20 to:

Nancy Madson, SCK Registrar
28-351 Via Las Palmas
Thousand Palms, CA 92276

Home phone: (760) 343-0848
e-mail: norskni@earthlink.net



----- cut here and mail -----

Name(s) _____ Lodge _____

Children _____ Ages _____

Phone (____) _____ E-mail _____

SCK Registration Fee – all attendees _____ Adults @ 7.50 each/Family \$15.00 \$ _____

Includes commemorative Rosemaled Kretsstevne pin for adults

Fri. Night Lapskaus Dinner _____ Adults @ \$8.00 each _____ Children under 12 Free \$ _____

Sat. Norwegian Pancake Breakfast _____ Adults @ \$4.00 each _____ Children under 12 Free \$ _____ Sat.

Grilled Lunch _____ Adults @ \$5.00 each _____ Children under 12 Free \$ _____

Sat. Tri-Tip Dinner _____ Adults @ 12.50 each _____ Children under 12 Free \$ _____

Sun. Egg Bake Breakfast _____ Adults @ \$4.00 each _____ Children under 12 Free \$ _____

Lodging: Use pricing from above - Circle one

Park Model 5th Wheeler RV w/bunks RV small RV space tent space \$ _____

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ _____



Alt for Norge (Everything for Norway) is a Norwegian reality series produced by Monster Entertainment for TVNorge. In the series, twelve Norwegian-Americans compete to see who is the “most Norwegian” with help from different Norwegian themed challenges. The series was named the best competitive reality show by Gullruten (Norwegian TV awards) in 2011, the best reality show by Gullruten in 2012, and was also nominated for best new program series in 2011 and awarded best clip/editing in 2012.

For five years in a row TVNorge has gone on a trip with twelve charming and outspoken Norwegian-Americans in search of their Norwegian family. This year the show has included, among others, an American football athlete, a pastor, a model and a marine biologist who writes novels about a sexy troll. To meet in Norway has brought out heavy emotions for all of the participants.

“Alt for Norge is founded on a real love for Norway, and participants have a genuine motivation to find out more about their Norwegian roots. This makes the program more genuine and warm-hearted than many others. Additionally the Americans are not arrogant and will put themselves out there and those that do are easy to like,” says the show’s host, Henriette Bruusgaard.

The show is filmed throughout Norway, and participants are competing to find out who is the most “Norwegian”. They must go through a series of Norwegian challenges, and in the process bust myths about both Norwegians and Americans. The one who stands until the end wins a meeting with their Norwegian relatives.

The series is rated as one of TVNorge’s largest achievements, and the concept has been sold to several countries. The new season was filmed from April to June and will be aired in the fall 2014.

October • oktober

Leif Erikson Day – Oct 9

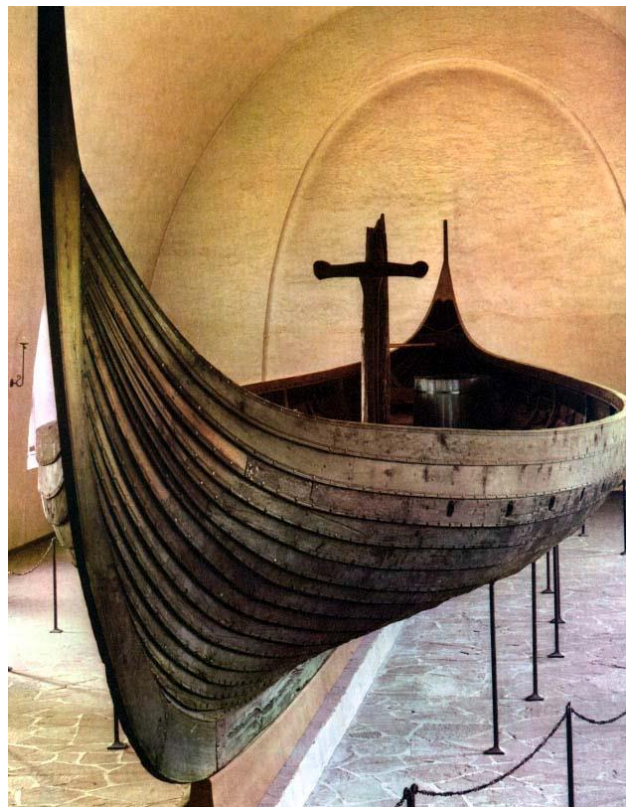
Why October 9? - The official date of Leif Erikson Day doesn’t directly correlate to Erik-son’s arrival in North America. Instead—in a nod to the same explorative spirit that fueled Erikson’s journey—the date marks the arrival of the very first immigrant ship from Norway, the *Restauration*, to New York in 1895. Exactly 100 years later, President Coolidge declared Erikson the first European to discover America during a commemorative address in Minnesota. In the years that followed several U.S. states adopted the date as a state holiday and in September of 1964 Congress approved a public resolution authorizing President Johnson to declare October 9 as Leif Erikson Day nationwide.

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.



Viking Games

During the Viking Age, daily life involved a lot of heavy labor, particularly in agriculture. But the Vikings' lives were not without fun. In a recent study, Leszek Gardęła, an archaeologist at the University of Rzeszów, matches descriptions from saga literature with excavated artifacts to reveal how Vikings entertained themselves during leisure time. They loved board games, gambling, sports challenges, dancing, music and crafts. Leisure activities were often associated with festivals, weddings, religious events, market days and other social gatherings, though not exclusively. While being an amusing way to pass the time, many Viking sports served a secondary purpose of preparing men physically for battle, usually involving displays of strength, agility, masculinity and violence. An ideal warrior needed to be adept of body and mind, and the games were part of their preparation.

Weightlifting challenges used boulders as weights to determine the brawniest competitor. Tug-of-war, or toga honk, was also popular. Wrestling (*glíma*) was widespread, and the object was to throw one's opponent off his feet onto his back using the strength of one's arms. The matches were violent and sometimes ended in broken limbs or worse. Warriors would also participate in weaponry games to hone their battle skills. Competitions in archery, sword fighting and spear- and stone-throwing offered prizes. Various other physical games were played including animal skin-throwing games (*hornaskinnleikr* or *skinnleikr*), full-contact ball games (*knattleikr*), turf games (*torfleikr*), and scraper games (*sköfuleikr*), similar to hockey. Though these offered a slightly less rugged type of sport, tripping and shoving were fair play and even these "more civilized" games sometimes turned violent and proved fatal.

Board games were played to develop intellect, strategy and problem-solving abilities, and being adept at these games was considered noble. *Hnefatafl* was a favorite war board game for two players, an ancestor of chess by about four centuries, having been well-known by 400 A.D. The two players do not start with an equal number of pieces, however. One side is surrounded by the other's army, and outnumbered, and the object is to protect one's king and strategize your way to victory, or at least safety, by thinking like your opponent.

More peaceful hobbies were also pursued, such as woodcarving, whittling, and embroidery. Also, music and storytelling were other favored pastimes and epic historical tales survived by word of mouth. Being an engaging storyteller was a prized skill, and some people did it professionally.

While Vikings lived hard lives with little time for leisure activities, they were certainly adept at amusing themselves when the opportunity arose.





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NORWAY**

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October ISSUE