

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 84, Issue 9

November 2014

Ord Fra Presidenten...

Here we are wondering where the year went and is it really time to get ready for the Holidays? Yes, it is. There is great joy when I start to think of all the things I want to give thanks for. Then all the people at the Holidays I want to get in touch with so they know they are special to me.

Our Lodge members are special and I am looking forward to seeing you all at our November Meeting. I know Judith will be bringing us a great program you will not want to miss.

Alert! Alert! Alert!

The Nominating Committee will soon begin to recruit the lodge Officers for 2015/2016. There are lots of jobs to fill and NO EXPERIENCE is required for most positions!

We welcome new blood and new ideas. Consider taking a position and lead your Lodge into 2015!

It's fun and rewarding!!

Contact one of the nominating Committee members below:

Terry Lord, Phebe Fricioni, Gail Taggert.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,
November 8, 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 Saturday
November 8, 2014, at 12:30 pm. We have

Judith Gabriel Vinje from Edward Greig
Lodge as our guest speaker.

She will be teaching the Viking alphabet
RUNE. It will be fun to write like a Viking.



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

November -

2 – Daylight Saving Time Ends

4 – Election Day

8 – Lodge Meeting at 12:30 pm

Potluck Lunch – If your last name starts with.Please bring

A to H - a Dessert,

I to P - a Salad

Q to Z - a Main Dish

11 – Veterans' Day

27 – Thanksgiving

December –

13 – Lodge Meeting –

Our Julebord Celebration

17 – Hanukkah

25 – Christmas Day

31 – New Year's Eve

This Month's Birthdays. . . Gratulerer Med Dagen



November

23 – Sigrid Berg

26 – Flora Morgan

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

Minutes from our Lodge Meeting

FRIDTJOF NANSEN LODGE #6-009

MINUTES

10/11/2014

Our meeting procedures were changed today so we could accommodate our special guest, Fred Tonsing, Professor Emeritus, from Cal Lutheran University. Mr. Tonsing did a presentation and history on the Viking ships which included pictures of the very early efforts to build these ships for speed and efficiency. Mr. Tonsing gave a very interesting and detailed presentation and then opened a question & answer period following. Snacks were provided for the members as lunch wasn't served until 1:30.

We all said the Norwegian table prayer prior to enjoying homemade dishes prepared by Troann, Cleone, Sylvi and Flora. It was a relaxing time of fellowship.

2015 Calendars are now on sale for \$10.00 each and orders were taken at this meeting and will be taken at the November meeting as well. That will be your last chance to order one as we have to submit the order in a timely manner. They are beautiful calendars with lovely pictures of Norway depicted each month.

Our next meeting will be Saturday November 8, 2014 at 12:30PM. Be sure to join us as we will be planning our Christmas holiday party and sharing things to come.

Respectfully submitted,
Barbara Shepard - Secretary

Countdown to Christmas with the Julekalender

Counting down the days to Christmas is a feeling of anticipation and joy. For children, the eagerness of Santa bringing Christmas presents can arguably be the greatest happiness in a child's life. The Christmas Calendar or the *Julekalender* is a tradition, popular in Norway, which gets both children and adults alike excited for the days leading up to Christmas.

The Julekalender can be compared to the familiar Christmas Advent calendar; a cardboard Christmas scene with chocolates hidden behind small windows for every day of December. The small task of opening up a window, similarly to crossing out a day on the calendar, is a task that people of all ages can get thrilled over. This tradition of opening a small treat every day until Christmas was started in Germany for those celebrating the season of Advent, which starts four Sundays before Christmas. In Norway, the chocolate Advent calendars can be found in nearly every grocery store around. However, many Norwegians like to make their own in order to personalize their calendar for their friends or family. The average Julekalender is simple yet extravagant compared to small chocolates. People compile their calendar with small gifts; one for each day leading up to Christmas. The point is to get creative and enjoy the countdown to Christmas as a family and friends. There are some pretty amazing Julekalender ideas on Pinterest at www.pinterest.com, so take a look and get inspired.

2014 Officers		
President:	Troann M. Loy	(714) 963-4830
Vice President:	Phebe Friconi	(562) 430-5092
Treasurer	Phebe Friconi	(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 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

Lena pushed her car into a gas station and told the mechanic it died. . .

After he worked on it for a few minutes, it was idling smoothly. Lena says, "So what was wrong?" He replied, "Just crap in the Carburetor." "Oh my goodness," says Lena. "How often do I have to do dat?"

Ole: Lars, I heard that you saved a man's life in a restaurant last week.

Lars: Ya, I sure did. I advised him not to eat the Lutefisk.

When Ole and Lena got married and went on their honeymoon. Lena was a bit bashful. As they walked up to the hotel, Lena said, "What can we do so dey von't know we're newlyveds? Answered Ole: YOU carry the luggage."

When Lena tried to give the phone operator her phone number on a long distance call, the operator inquired, "Do you have an area code?" – "'No,'" said Lena. "Yust a little sinus trouble."

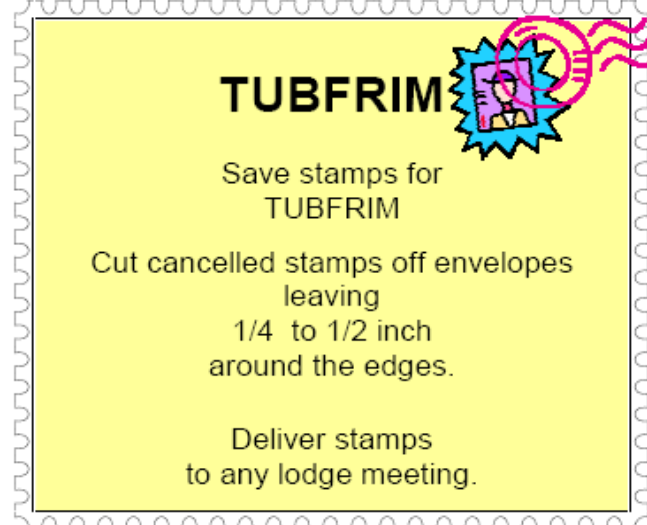
Ole was filling out a questionnaire. To the question regarding church preference, Ole put down: "Red brick with white trim."



Christmas is a joyous time of year when people come together in good cheer and celebrate family traditions. For many in the Sons of Norway family, that means celebrating their Norwegian heritage. This fall, we have a great way for your family to do just that-with the limited edition 2014 Sons of Norway commemorative Christmas ornament. This year's ornament beautifully displays Agder style of rosemaling. Some of the important identifying characteristics of Agder painting include variations of the tulip which were often flat at the base, designs are most often painted on dark green or dark blue backgrounds, and the leaves and flower centers are divided down the center, with each half painted a different color often with honey-comb or pine-cone-like de-tails decorating them. Colors used are Prussian Blue, Yellow Ochre, English Red and green with details/teardrops provided in white, red, yellow or green. Another signature of the style shows many ferns/leaves/petals painted with lots of teardrops along the vines. Each ornament shows off the beauty of Norwegian heritage with a hand-created design by Shirley Evenstad, a Vesterheim Gold Medal winner, and is sure to be a welcome addition to your tree this Christmas. Remember, this year's ornament is a limited edition and it will sell out fast, so don't wait to place your orders. To get your own ornament, or to purchase them as gifts for your friends and family, all you have to do is call 800-945-8851.

Members can order ornaments for \$14.99 + S&H

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



WE NEED YOU!!!!

Elections are coming up and we need volunteers to take positions in our lodge. There will be guidance to assure your success.

President-plans and prepares the business meeting and leads meetings. Submits articles to the newsletter. Presides at meetings, Appoints committees, Countersigns official documents of the lodge, oversees lodge functioning and operations. Signs official documents of the lodge.

Vice President- fills in as needed when the president is not available and chairs the membership committee. Signs official documents of the lodge.

Secretary/Sunshine-records the minutes of Lodge meetings and the board meetings, keeps minutes and stores on an annual basis. Also prepares the annual Lodge achievement form and submits it. Sends get well cards. Signs official documents of the lodge.

Treasurer-balances the bank account, makes all banking transactions, has the accounts audited each year and submits reports annually to the International office and the IRS.

Membership Secretary-monitors membership and membership reports. Signs official documents of the lodge.

Social Director-plans and obtains food and coordinates the volunteers for social events.

Culture Director-plans with Social Director or cultural activities and promotes and records the culture skills program and sports program.

Musician-Assists president and social director, when called upon, to provide music for meetings and events.

Historian-Records the historical events of the lodge have custody of lodge historical records Compiles an annual lodge history scrapbook. Creates a 5 year history of the lodge at 5th Anniversary celebrations.

Publicity-promotes the lodge through postings in newspapers and online and electronic media.

Editor-prepares, writes, and edits the newsletter, as well as printing it and sending it out to members.

Counselor-Aids, assists, and counsels other officers Closes Lodge meeting with blessing.

Trustees-Has custody of property of the lodge Holds title to investment(s) of the lodge, with the exception of real estate.

PLEASE WE NEED YOU !!!!!!!

Chip Carving with Luella Grangaard



EVENTS AROUND THE DISTRICT –

Christmas Fair at Sjømannskirken

San Pedro Seamen Church

November 21 and 22, 11 am to 6 pm

November 23, 12 noon to 4 pm

The Church will be filled with Christmas decorations; candles, clothing, food and everything else you need to get a feel of 'Scandinavia this Christmas. There will be raffles with beautiful prizes.

Handmade goods and fresh homemade food. Buy Christmas food in our store; eat lunch or dinner in our café. We also have our own bakery! **Mark your calendar for these dates; let's support our Norwegian Seamen Church. 1035 S. Beacon, San Pedro, CA**

SWEA's Swedish Christmas Bazaar

Sunday, December 7, 2014

Los Angeles Theater

615 S. Broadway, Los Angeles

10 am to 5 pm

At the The Danish Lutheran Church &
Cultural Center

14th Annual Scandinavian Julemarked

November 29, 2014-9:00am to 3:00pm

16881 Bastanchury Road

Yorba Linda, CA 92866

Telephone: (714) 993 - 6362

FÅRIKÅL

(Får is another word for Lamb)

This is a traditional dish, a favorite in Autumn when there's a new supply of lamb in Norway. Ingredients: lamb, cabbage, potatoes, and carrots served with a homemade onion sauce.

Simmer the lamb meat until tender, just covered with water. Add whole peppercorns and some salt. Cut a head of cabbage in 6 to 8 pieces; lay on top of lamb and simmer until tender. Serve with potatoes and carrots. Stir flour in the meat stock to thicken and make a white sauce. Add a large onion (cut up) to the sauce. The taste of the stock and the onion in this sauce makes it a delight.

If you like lamb, have fun trying this recipe. Bon appetit!

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our
website running.

Our long time member Herman Holt is from Rutland, ND. He still receives there Newspaper, which he shared with me.

In 1976 town named Pride of the Prairie.

In 1982 Guinness Book of World Records in 1982 by making, frying, flipping and eating the world's largest hamburger. About 10,000 people showed up to taste the burger, weighing 2 tons.

For the past 30 years they have had UFFDA DAY. I think that is great. They have lots of Scandinavian goodies; plus a parade lead by a Pipe and Drum Band.

Ask Herman about Rutland I know he will be happy to share stories with you.

Viking Word Search



B	M	H	I	R	Z	I	T	E	W	X	X	A	G	Y	R
P	O	I	U	V	S	F	P	F	B	D	A	D	I	G	E
M	N	B	E	R	I	V	E	R	P	E	R	U	N	Z	X
E	A	H	P	W	B	U	N	I	S	A	E	I	Z	J	P
R	S	S	S	I	S	S	H	O	I	P	K	G	Y	V	L
C	T	I	E	H	L	S	E	V	R	I	T	N	O	F	O
H	E	S	S	A	G	L	A	T	V	S	X	Y	C	F	R
A	R	P	H	N	F	N	A	F	T	X	E	R	E	J	E
N	Y	S	O	I	I	A	L	G	S	L	A	G	A	O	R
T	C	L	A	D	E	G	R	B	E	E	E	F	N	R	K
N	Z	R	N	G	M	L	M	E	P	B	H	M	G	D	P
L	W	A	O	T	A	E	D	S	R	R	X	K	E	A	X
W	C	C	D	R	A	G	O	N	S	H	I	P	M	N	Y
S	S	Z	D	A	W	N	A	V	I	G	A	T	E	D	T
I	D	X	M	D	E	L	O	O	T	T	Q	S	I	G	X
U	A	A	P	E	U	D	B	V	S	V	J	A	C	H	G
Y	O	L	N	H	E	L	M	E	T	U	R	B	F	K	M
G	C	U	B	F	N	P	L	U	N	D	E	R	F	T	O

dragon ship

explorer

fjord

helmet

longship

loot

merchant

monastery

navigate

Norse

ocean

pillage

plunder

raid

river

saga

Scandinavia

sea

seafarer

settlement

shield

spear

swift

trade

Viking

Turkey Soup with Norwegian Dumplings

- Turkey bones, skin and scraps (for stock)
- Water
- 1 large onion, chopped
- 2 cups chopped celery, including tops

- Salt and pepper
- Norwegian dumplings
- ½ cups chopped fresh parsley

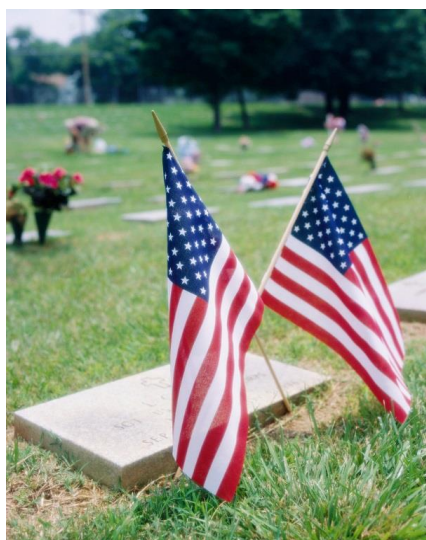
Place turkey bones and scraps in a soup kettle and cover with water. Leave uncovered and heat to a boil, then slowly simmer for 45 minutes. Add water as needed to keep the bones covered. Strain. Add celery and onion to broth and cook for 15 minutes until tender. Add salt and pepper to taste.

Dumplings: Add one at a time to the stock. Cook uncovered for 20 minutes. Add parsley just before serving.

Dumplings:

- 2 cups milk • ½ tsp. nutmeg
- 2 Tbsp. butter • 1¼-1½ cups flour
- 2 Tbsp. sugar

In medium pan, combine butter, milk, sugar, and nutmeg and simmer, stirring until sugar dissolves and butter melts. Decrease heat to low and mix in flour. Remove pan from heat and whisk until smooth. Shape into walnut sized dumplings.



Freedom is not Free!

Thank a Veteran!

Happy Veterans' Day!



**SONS OF
NORWAY**

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

November 2014 Issue