

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 85, Issue 1

January 2015

### *Ord Fra Presidenten...*

Hello Everyone,



Thank you to all who came to our Christmas Party and made it wonderful. Great food, good music and wonderful gifts from our special Nisse and his helper. (Thank you Johan Olsen and Romina Solberg)



Here we are in 2015 and at our January 10, Lodge meeting we will have Installation of Officers but do not stay away we will have a program about the Norwegian Flag and how it has changed over the years. Everyone will go home with a special gift.

Looking forward to seeing you all in 2015.

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,  
**January 10, 2015 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!*

[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.



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.

**2015  
Officers**

|                              |                             |                                 |
|------------------------------|-----------------------------|---------------------------------|
| President:                   | Troann M. Loy               | (714) 963-4830                  |
| Co-Vice President:           | Johan Olsen & Sylvi Olsen   | (562-490-0801                   |
| 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            | Open                        | (562) 490-0801                  |
| Historian<br>Asst. Historian | Gail Taggert<br>Dee Ronning | (562)404-2582<br>(559)685-1488  |
| Musician:                    | Judy Bohlen                 | (714)827-3913                   |
| Counselor:                   | Herman Holt                 | (562) 429-7638                  |
| Greeters:                    | Sylvi Olsen<br>Jeanne Paige | (562) 490-0801<br>(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                 | (559) 685-1488                  |
|                              | Herman Holt                 | (562) 429-7638                  |
| Auditor:                     | Patricia Lampe              |                                 |



**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.



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

**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

# **This editor forgot to put the November Lodge Minutes in the last newsletter, forgive me**

## ***.Minutes from our Lodge Meeting***

**FRIDTJOF NANSEN LODGE #6-009**

**Minutes 11/9/2014**

Our meeting began with reciting the Norwegian table prayer followed by a delicious potluck lunch provided by the lodge members. It's always a blessing to enjoy the variety and assortment that turns out to be just right.

Following lunch we sang the national anthems followed by the Pledge of Allegiance.

Troann encouraged us all to remember to bring pennies for Camp Norge, canceled postage stamps for Tubfrim and Box Tops for Christ Lutheran Church.

Troann announced the many holiday events that are being held at various Norwegian churches and meeting halls in the area. Details are available from Troann. It's always fun to support other lodges and there are usually treasures to be had at each festivity.

John Olsen gave us a language lesson in sentences that will prove useful to anyone traveling to Norway. He emphasized that trains are frequently used for transportation and learning a few basic questions will make any trip easier. John always praises us for our pronunciations and he does this without laughing!

Our Christmas party will be held on 12/13/2014 at 12:30 at our regular meeting place. There will be food, music, activities and surprises so you don't want to miss this yearly event. Everyone is asked to bring canned goods which will be donated to the Salvation Army.

We have a nominating committee and they are seeking suggestions as well as volunteers who would like to serve in a lodge office. Several positions will be available at the end of next year. It's really a privilege to be a lodge officer and it increases your involvement and commitment to our lodge. Please give it serious consideration.

Judith Gabriel Vinje from Edward Greig Lodge joined us to teach the RUNE language. It's an early form of writing utilized by the Vikings. It's a fun script (?) to learn as we recall the rudiments of early communication.

Again - don't forget to join us on December 13th for our Christmas party. Let's all celebrate this special time of the year together.

Respectfully submitted, Barbara Shepard - Secretary

## **Minutes from our Lodge Meeting**

**Fridtjof Nansen Lodge #6-009**

**Minutes 12/13/2014**

Today was our Christmas celebration with about 25+ members and visitors. Festive holiday decorations in our meeting hall set the God Jul mood. A delicious Norwegian lunch was prepared and served by several of our outstanding cooks and hostesses. There was a good time of fellowship and eating and eating!

A pianist from Troann's church joined us and played Christmas songs throughout our meeting. We sang along and also walked around the Juletre in the Norwegian tradition. We also had a surprise visit from a Nisse who was accompanied by Julenisse and they both handed out little gifts for everyone present.

We sang the national anthems followed by the Pledge of Allegiance. Troann made some announcements and the ladies who are heading up the nominating committee confirmed those staying in office as well as new nominees. John Olsen gave a brief language lesson for a few words/expressions that apply to the holiday season.

Instead of our regular 50/50 drawing we sold raffle tickets to be redeemed for a great selection of items provided by Phebe. Seems almost everyone had a winning ticket and enjoyed choosing from the gifts provided.

As always, we want to remind everyone to save their pennies for Camp Norge and canceled postage stamps for Tubfrim. These are both worthy Norwegian charities that we are proud to support.

Our next meeting will be January 10, 2015 at 12:30. Please be sure to join us because there are many exciting things happening in our lodge in the coming year.

Respectfully submitted,  
Barbara Shepard - Secretary



**Norwegian Meatballs and Gravy**

Adapted from [tasteofhome.com](http://tasteofhome.com), yields 16 servings

- 2 eggs, lightly beaten • 1 cup of milk
- 1 cup dry bread crumbs • 2 tsp salt
- ½ cup finely chopped onion • 2 tsp sugar
- ½ tsp ground ginger • ½ tsp nutmeg
- ½ tsp allspice • ¼ tsp pepper
- 2 lbs ground beef (95% lean) • 1 lb ground pork

Gravy:

- 2 tbsp finely chopped onion • 3 tbsp butter
- 5 tbsp all purpose flour • 4 cups beef broth
- ½ cup heavy whipping cream • dash white pepper
- dash cayenne pepper

Combine seasonings, sugar, onion, breadcrumbs, eggs and milk in a large bowl. Wait until milk is absorbed into breadcrumbs then add meat. Stir until blended and form into 1-in balls.

Place on a greased rack over a baking pan. Bake until browned at 400, roughly 18 minutes. Drain and set aside.

To make gravy, sauté onion in butter until softened.

Stir in flour and brown lightly. Add broth slowly, cooking and stirring until smooth and thickened. Mix in cayenne and white pepper and cream.

Gently add meatballs to gravy and heat through but do not boil.

## ***A Bit of Humor***

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."

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Minnesota Fire Insurance

A man and his wife moved back home to Minnesota from Arizona.

The wife had a wooden leg and to insure it in Arizona was \$2,000.00 a year!!!

When they arrived in Minnesota, they went to Sven's Insurance agency to see how much it would cost to insure the wooden leg. Sven looked it up on his computer and said to the couple, "\$39.00."

The husband was shocked and asked why it was so cheap in Minnesota insure, because it cost him \$2,000.00 in Arizona! Sven turned his computer screen to the couple and said, "Well, here is it on the screen, direct from Ole's Minnesota Fire Insurance

Company, it says: Any wooden structure, with a sprinkler system over it, is \$39.00".

I always did find Minnesota logic far superior to most others.

## ***Kalendaren – Calendar***



### **January**

**1 – New Years Day**

**10 – Lodge Meeting at 12:30pm**

**19 - Martin Luther King Jr. Day**

## ***This Month's Birthdays. . . Gratulerer Med Dagen***



### **January**

**10 – Erin Flair**

Join us for our next event, on  
**February 14, 2015, at 12:30 pm.**  
We will baking Norwegian cookies.  
We will be working toward our  
cultural pin. Even if you are not a  
baker join us for the samples.

Sorry the newsletter is late and shorter than usual this month and the holidays have just gotten away from me.  
Your Editor – Troann Mortensen Loy

## Sons of Norway Celebrates Founders' Day

January 14 marks Founders Day within Sons of Norway; It was on this day in 1895 that 18 Norwegian Immigrants came together to form a mutual assistance organization that would one day become an international organization.

Practical, cautious, and driven to find solutions to the financial problems many Norwegian-American families faced, the founders looked to their homeland for answers. Several of them had lived in Trondheim, where for a small weekly fee, members and their families acquired free medical care. Borrowing from that plan, the men designed a mutual assistance organization to provide members with security against financial crisis, a forum to celebrate Norwegian-American nationalism, and a means to preserve the treasured literature, music, art, foods and customs of Norway.

The founding charter describes the foundation of Sons of Norway and also provides a glimpse of what Norwegian newcomers strove for in America at the turn of the 20th century:

In celebration of our Founders' Day, all members are encouraged to wear their membership pins and any Sons of Norway clothing items you have. This is a day to celebrate your membership, so be sure to tell your friends and family about Sons of Norway and all the great things its doing in your community. Then, be sure to share your Founders' Day stories with Sons of Norway on Facebook at: [facebook.com/groups/sonsofnorway](https://facebook.com/groups/sonsofnorway)



# SONS OF NORWAY

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