

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 85, Issue 2

February 2015

### *Ord Fra Presidenten...*

Our January meeting was fun and informative. Thank you to our Zone Director Teresa Broadhead for installing the new officers for 2015. Thank you to all of you who brought the good food for lunch.

Thank you to Phebe Friconi and Flora Morgan for our flag/candy goodies.

Then a special thank you to Phebe for teaching us how to make each Norwegian Flag in history until the present. Everyone got to go home with a placemat with our Norwegian flag history.

Now it is time to welcome February the month of ????. For us it is going to be the month of **cookies**. We will be making at least 3 Norwegian cookies at our February meeting.

Don't be scared away by this event, we need lots of tasters. We are going to put this toward our cultural skill pin for cooking. This will be fun for everyone, men, women and kids.

PLEASE BRING YOUR OWN CONTAINER TO BRING ANY LEFTOVERS HOME IN.

Don't forget we will have lunch, and our language lesson with Johan and Sylvi.

Bring a friend, see you there. . .

**Ga i fred (Go in peace) – Troann**



## SONS OF NORWAY

Our next meeting is on Saturday,  
**February 14, 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)

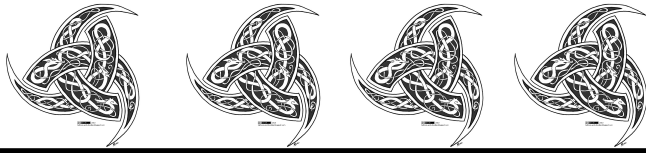
**Check out our website. . .**

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**

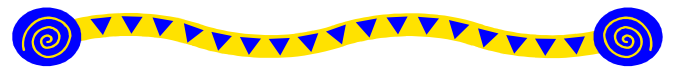
<b>President:</b>	<b>Troann M. Loy</b>	<b>(714) 963-4830</b>
<b>Co-Vice President:</b>	<b>Johan Olsen &amp; Sylvi Olsen</b>	<b>(562-490-0801</b>
<b>Treasurer</b>	<b>Phebe Fricioni</b>	<b>(562) 430-5092</b>
<b>Secretary:</b>	<b>Barbara Shepard</b>	<b>(714) 962-5857</b>
<b>Membership Secretary:</b>	<b>Cleone Hatwan</b>	<b>(562) 633-6752</b>
<b>Editor:</b>	<b>Troann M. Loy</b>	<b>(714) 963-4830</b>
<b>Cultural Director</b>	<b>Open</b>	
<b>Historian</b>	<b>Gail Taggert</b>	<b>(562)404-2582</b>
<b>Asst. Historian</b>	<b>Dee Ronning</b>	<b>(559)685-1488</b>
<b>Musician:</b>	<b>Judy Bohlen</b>	<b>(714)827-3913</b>
<b>Counselor:</b>	<b>Herman Holt</b>	<b>(562) 429-7638</b>
<b>Greeters:</b>	<b>Sylvi Olsen Jeanne Paige</b>	<b>(562) 490-0801 (562)429-3093</b>
<b>Marshall:</b>	<b>Phillip Knudsen</b>	<b>(562) 308-8763</b>
<b>Marshall:</b>	<b>Johan Olsen</b>	<b>(714) 537-9646</b>
<b>Social Director:</b>	<b>Terry Lord</b>	<b>(714) 369-2420</b>
<b>Trustees:</b>	<b>Herman Holt</b>	<b>(562) 429-7638</b>
<b>Auditor:</b>	<b>Patricia Lampe</b>	

**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.**

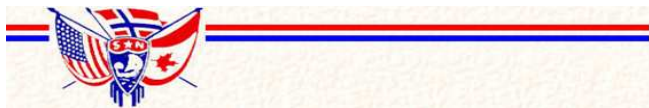
**Camp Norge . . .**

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

**FRIDTJOF NANSEN LODGE - #6-009**  
**Minutes - January 10, 2015**

Our first meeting of the year was a potluck luncheon with 20 people present. As always, we were well fed, well entertained and well educated.

We opened the meeting singing the National Anthems and reciting the Pledge of Allegiance. Troann announced that we will be celebrating Syttende Mai in Culver City with the Peer Gynt Lodge. We will be setting up car pools so no one has to go alone. The 85th anniversary of our lodge will be celebrated on June 15, 2015 from 12-4 at Recreation Park. More detailed information will be forthcoming. Everyone has an opportunity to participate in this celebration both during the preparation stages as well as during the actual event. Raise your hand and get involved - it will be great fun.

Today we installed the officers for 2015. Theresa Broadhand from the Ulabrand Lodge in San Pedro presided over the installation. President: Troann Loy, Co-Vice Presidents: Johan & Sylvi Olsen, Secretary: Barbara Shepard, Treasurer: Phebe Fricioni and Membership Secretary: Cleone Hatwan. This is always a significant occasion as these are the folks who keep the momentum going and give us all the enthusiasm and encouragement to maintain the lodge. This has worked well for 85 years! All members of the lodge should consider serving as an officer as this is an opportunity to become more vested and involved.

Following the installation John gave us our language lesson. These are phrases one would use when meeting or greeting someone they hadn't seen in awhile. The courtesies are certainly worth utilizing. Role playing these phrases were Sylvi & Romina, Gail, Troann & Phil and Terri, Gabriella & Sylvi. These were good examples for pronunciation.

Our closing project was learning about the four Norwegian flags and then making our own with supplies provided for authenticity. Terri and Gail did readings about the history of the flags and how they transpired.

Cleone won the 50/50 drawing which \$32.00 and her half was being \$16.00.

Our next meeting will be Saturday February 14, 2015 at 12:30. Please plan to be there as there's always something exciting happening at our lodge.

Respectfully submitted,  
Barbara Shepard - Secretary

*Kalendaren – Calendar*



**February**

2 – Groundhog Day



14- Lodge Meeting at 12:30pm

Cookie Extravaganza!

14 - Valentine's Day

16 – Presidents' Day



### Lutefisk: A Strange and Beloved Tradition

Whether you love it or you hate it, lutefisk is a closely held tradition among Scandinavian-Americans. A wintertime rite of passage among many Sons of Norway lodges, lutefisk dinners remain a popular and important means of connecting with Nordic culture and heritage. But how did something as bizarre as fish treated with lye become such a cultural icon? Read on to learn more about this notorious Scandinavian food.

#### Unknown Origins

While no one is certain how or where lutefisk originated—whether in Sweden or Norway—there are a couple of legends regarding its creation. The first suggests that early Viking fishermen hung their cod, an invaluable source of protein for the winter months, to dry on tall birch racks. In a skirmish with neighboring Vikings, the racks of fish were burned but a rainstorm blew in and doused the fire. Left to soak in rainwater and birch ash for months, the reconstituted fish was later discovered by some hungry Vikings who ate it. The second less plausible tale of lutefisk's origins describes a lye-poisoning attempt on Viking raiders by St. Patrick in Ireland. According to legend, St. Patrick served the raiders lye-soaked fish in the hopes of dispatching them, however the raiders enjoyed the fish and beheld it as a delicacy. Although an entertaining story, the lifetime of St. Patrick precedes known Viking activity in Ireland by more than three centuries.

What is known is that lutefisk gained its popularity in the U.S. after a sharp increase in Scandinavian immigration in the late 19th and early 20th centuries. Originally a food born out of poverty, descendants of immigrants now view it as a connection to their ancestors and their heritage. "These dinners represent important traditions in both families and communities, and for some, they are a valued connection to culture and heritage. While the food tradition certainly originated in Scandinavia, the immigrant communities—especially their churches and cultural heritage lodges—have played a major role in developing the phenomenon of lutefisk dinners," says Carrie Roy, a Scandinavian cultural scholar and creator of the short documentary 'Where the Sacred Meets the Quivering Profane: Exploring the Public and Private Spheres of Lutefisk.'

#### How it's Made

Modern lutefisk begins its journey from sea to plate as a whitefish, typically cod. Dried and reconstituted in lye brine, the fish is later soaked to remove the causticity and packaged for purchase. Cooked until a seemingly impossible combination of gelatinous and flaky, lutefisk is typically served with butter or cream sauce.

#### Facts about Lutefisk

- The state of Wisconsin exempts lutefisk from classification as a toxic substance in its laws regulating workplace safety.
- Much of the lutefisk sold by Olsen Fish Company comes from Ålesund, Norway.
- Sterling silver should never be used in the preparation or eating of lutefisk as it will stain the silver.
- Left overnight, residual residue from lutefisk preparation is nearly impossible to remove.
- The self-proclaimed "lutefisk capital of the world" is in Madison, MN, home to fiberglass codfish, Lou T. Fisk.
- While more common in Scandinavian-American communities, lutefisk is experiencing a resurgence among restaurants and catering companies in Norway, up 72 percent from 2005 to 2007.
- The first written preparation of lutefisk in literature is in the writings of Olaus Magnus in 1555. In his writings, Olaus notes that it should be served with salted butter.

### Scandinavian Sweetheart Waffles

*Adapted from Allrecipes.com, makes 5 servings*

- 2 eggs, separated
- ¼ cup white sugar
- 1 tsp vanilla sugar
- ¼ cup water
- 3 tbsp butter, melted
- 1 cup buttermilk
- 1½ cups all-purpose flour
- ¼ tsp ground cardamom
- 1 pinch salt



Beat egg yolk and sugar in a large mixing bowl until frothy. Add in water and vanilla sugar until evenly blended. Divide melted butter, buttermilk and flour in half and add to mixture, stirring until smooth. Add the remaining butter, buttermilk and flour as well as the cardamom and salt and beat until smooth again.

In a new bowl, beat the egg whites with a mixer until stiff peaks form. Carefully fold whites into batter, keeping as much volume as possible. Preheat waffle iron to manufacturer's instructions. Spoon roughly ½ cup of batter into waffle iron and close lid. Cook for about 5 minutes or until golden brown. Remove waffle and repeat with remaining batter. Serve with your favorite topping.

#### Berry Syrup

*Adapted from thisweekfordinner.com*

- 1½ cups of your favorite berries or 1 cup blueberries
- ¾ cup sugar
- ⅓ cup water
- 2 tsp lemon juice
- 1 tbsp corn starch, whisked with enough water to make slurry

Bring lemon juice, water, sugar and berries to boil. Reduce heat and simmer. Slowly add cornstarch mixture to syrup until you reach desired consistency. Syrup can be strained through a sieve or through cheese cloth if less pulp or berries are preferred. Refrigerate remaining syrup.



Lutefisk Dinner

## 2014 was Warmest Year of History in Norway

Norwegian Meteorological Institute (Meteorologisk institutt) announced 2014 was the warmest year ever recorded in Norway.

Despite white Christmas and cold days all over large parts of the country in December, 2014 was the history's warmest year in Norway. Meteorological Institute confirms that 2014 takes this title with extra ordinarily warm winter and spring days this year, writes NTB.

- There is no longer any doubt that the past year has been hotter than ever, says climate scientist Hanne Heiberg at the Meteorological Institute. Latest figures show average 2.2 degrees above normal and 0.4 degrees above the previous record, which was set in 2011.

Helberg notes that the average temperature in Finnmark was 10 degrees warmer than usual, and on Svalbard, the change was 14 degrees. Especially the latter is exceptional, says Heiberg to NTB.

Also the rest of the world had one of the warmest year. NOAA (National Oceanic and Atmospheric Administration) wrote earlier in December that 2014 preliminary looked to be a record warm year worldwide. The first eleven months of the year was 0.68 degrees higher than normal, including five months of record temperatures.



## It's Princess Ingrid Alexandra Day in Norway (or it was yesterday, January 21)

Princess Ingrid Alexandra is now 11 years old. She is second in line for the throne of Norway following her father, Prince Haakon. The Princess is expected to become Norway's first female monarch since Queen Margaret, who reigned over Norway, Denmark and Sweden from the late 1380s until her death in 1412.

Princess Ingrid Alexandra was born January 21, 2004 and has already been a bridesmaid to her godmother, the Crown Princess of Sweden. On 17 June 2014, the Norwegian Royal Family notified the public that from the start of the 2014-2015 school year, Princess Ingrid Alexandra would transfer to the private English-language Oslo International School, reportedly because her parents wanted her to be <http://cts.vresp.com/c/?LefseStore.com/3a67029937/5ec4b27039/42a0fd9031> fluent in English. Her younger brother Sverre Magnus, was to transfer to Oslo's Montessori school.



### DISTRICT SIX NEWS FLASH

If you have not heard the **BIG NEWS** yet, here it is!

#### Camp Trollfjell and Trollfjell Folkehøgskole

Can you believe it? We will have two Camps in 2015 at Camp Norge. **Trollfjell Folkhøgskule** for 14-17 year olds will be July 6-11. This Camp will have classes in handverk (handwork), culinary arts and carpentry. There is a limit of only 18 campers.

**Camp Trollfjell** for 8-13 year olds will run from July 12-25. Classes will again be in Rosemaling, Folk Dancing, Heritage, Crafts, and Norwegian Language. This year campers will learn money management with bank books, Norwegian Krone, a daily Kanteen for purchasing special treats, and much more authentic Norwegian food at mealtimes.

Executive Director, Erik Peters and Assistant Director, Clayton Davis are hard at work preparing fantastic experiences for our Heritage Members. For more information, check out the new District Six website---

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

**Camp Trollfjell**, July 12-26, is in need of filling the positions: Nurse, Rosemaling Instructor, Folk Dance Instructor, Chef. If you are interested in a position, please contact Erik at



following staff  
Chef and Assistant  
[erik.peters@me.com](mailto:erik.peters@me.com).

## Norway's Forests are Tripled

In 1925 the volume of all the wood in Norway's forests was 300 million cubic meters. Today the volume adds up to 900 million cubic meters. This year the forest increased 15 million cubic meters. This equates to nearly 100 sacks of firewood for every Norwegian inhabitant.

The main reason why the forest has grown so much in the past decades is clear. In the 1960s there were nearly 100 million spruce trees planted annually in Norway. Much of the planting was done by school children. These forests are now reaching maturity and are in a development phase with plenty of growth.

But the forests are growing much faster than planting could have explained for.

Researchers still have some possibly explanations: higher average temperatures, longer growing seasons, more carbon dioxide in the atmosphere and more nitrogen depositions from the air. Some also point to a decrease of grazing by animals in the forest. "We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås. "We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås. "We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås. "We are conducting a fair amount of research on this now. To give conclusive answers, however, is far from simple," says Rasmus Astrup with the Norwegian Forest and Landscape Institute in Ås. What Astrup and his colleagues suspect is that warming climates playing a major role. This suspicion stems from the fact that, in a cold country like Norway, temperature is a strong factor with regard to growth.

The volume of the forest can be divided into three groups of trees: spruce (44%), pine (31%), deciduous, leafy trees (25%). Current trends are heading towards fewer spruce and more deciduous trees.

When researchers try to "see the forests for the trees," they discover that the woods are not growing at the same rate as the trees. The reason is that each tree now takes up more space. German scientists say that compared to 1960 there are now 20 percent fewer trees in the Central European forests but the volume of the forests have increased. Despite these gains, the Central European forest has not put on volume nearly as much as Norwegian woods.

## Bit of Humor. . .

*Ole wore both of his winter jackets when he painted his house last July. The directions on the can said "put on two coats".*

*Lena was being interviewed for a job as maid for the very wealthy Mrs. Diamond, who asked her: "Do you have any religious views?"*

*"No," said Lena, "but I've got some nice pictures of Norway."*

*Lars was staggering home after a night in the tavern. A Lutheran minister saw him and offered to help him get home safely. As they approached the house, Lars asked the minister to step inside for a moment. He explained, "I vant Lena to see who I have been out vith."*

*When Ole went to play cards with da boys his friend Lars asked him, "Why is it when we play cards you bring your wife, when we go fishing you bring your wife, and when we go bowling you bring your wife."*

*Ole replied, "Have you noticed that Lena is kind of ugly? Dis way I don't never have to kiss her goodbye."*

*Ole and Sven were taking a vacation in Sven's new camper. As usual, they'd become lost and were wandering around a strange town trying to find the highway. Sven was just starting down a grade to go under a bridge when he slams on the brakes.*

*Ole: Vat da heck you do dat for, Sven?*

*Sven: Dat sign dere says "Low Bridge. No Vehicles Over Twelve Feet High." Dis here camper is t'irteen feet!*

*Ole: Cripes almighty Sven, dere ain't no cops around. Yust hit da gas pedal and go for it!*

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



**February**

5 – Phillip Knudsen

13 – Jeanne Paige



January Installation of Officers with Zone Director Teresa Broadhead.



**SONS OF  
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA  
[www.fridtjofnansenlodge.com](http://www.fridtjofnansenlodge.com)  
[www.sofn6.com](http://www.sofn6.com)

Troann Mortensen Loy  
9062 Kahului Dr.  
Huntington Beach, CA 92646  
tm4rb5@gmail.com

February 2015 ISSUE

