

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 85, Issue 3

March 2015

### *Ord Fra Presidenten...*

If you missed our February meeting, boy did you miss out. There were cookies everywhere and they were delicious. The event was enjoyed by all.

We had a great speaker from Norway, Mr. Sorensen. He traveled extensively and shared about Norwegian's traveling.

March is going to be a great meeting too. We will have a great potluck, you always provide. If your last name starts with:

**A to H - a Salad**

**I to P - a Main Dish**

**Q to Z - a Dessert**

Our program will be sharing about different holidays in Norway. How they are the same and how they are different. Come to learn more about our Norwegian culture. Hope to see you there.

Remember we are going to help Romina go to Language Camp up at Camp Norge. She will be selling candy again.

**Ga i fred (Go in peace) – Troann**



**on March 8<sup>th</sup>...**



## SONS OF NORWAY

Our next meeting is on

Saturday, **March 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**

President:	Troann M. Loy	(714) 963-4830
Co-Vice President:	Johan Olsen & Sylvi Olsen	(562-490-0801
Treasurer	Phebe Fricioni	(562) 430-5092
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Asst. Historian	Dee Ronning	(559)685-1488
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) 308-8763
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	



***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.

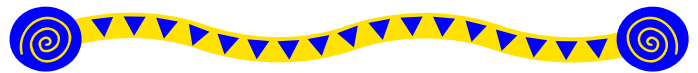
Phone: (818) 986 -7199  
Cell: (818 )667-6627  
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**TUBFRIM**

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.***

# Minutes from our Lodge Meeting

## Fridtjof Nansen Lodge #6-009

### Minutes - February 14, 2015

Our meeting hall was decorated in a Valentine's theme. Terri and Gail served a nice lunch with sandwiches, 'Norwegian meatballs', salads and desserts. We were joined by several visitors: Sharon Gerhard, Mr. Lynn Eidsness and Einar Sorensen.

Mr. Sorensen is a guest of Sylvi & John Olsen who is from Norway but presently living in France. He presented a power point called "How Norwegians Became Travelers." There were some humorous comments as he described some of the quirks and behaviors of the Norwegians. Travel harkened back to the early Viking ships era. Robert Asp built a Viking ship in his backyard. This feat required over a 100 trees and much perseverance. He was instrumental in encouraging family and friends to preserve the Norwegian heritage.

John Olsen's language lesson focused on cookie making which was our theme for this meeting. The words included the names of ingredients commonly used in Norwegian cookie making as well as directions and supplies needed.

Let the cookie making begin! Cleone showed us how to make Norwegian Oatmeal Macaroon Cookies. She had lots of helpers in the kitchen and the end result was yummy. Ardele showed us how to make Rosettes. These are made with special irons and require near perfect timing. Again, the cookies were delicious. Troann brought her Krumkake iron and batter and taught us how to make the perfect Krumkake. It's always fun to try something new and those who did became almost instantly proficient. Another yummy treat. The gentlemen present were more than eager to serve as tasters and samplers and did an outstanding job. There were plenty of treats so everyone was able to take some home.

Our next meeting will be on Saturday March 14, 2015 at 12:30.

Respectfully submitted,  
Barbara Shepard ~ Secretary

**Tubfrim Winner Announced** Thursday, January 15, 2015 was a lucky day for Violet "Vi" Hills, a member of Jotunheimen 4-499 in Billing, MT. Vi was the winner of the Tubfrim drawing to give away a ticket to Norway, worth up to \$1,000. Her postcard was drawn from among 2,530 other cards. With one card for every pound sent to Norway that means that Sons of Norway sent at least 2,531 pounds of stamps to Tubfrim in 2014. This was a significant increase from 2013, when 1,216 pounds of stamps were sent. Gene Brandvold, Sons of Norway Tubfrim chairperson, conducted the drawing. For the past 29 years, our members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors. Originally the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, today the proceeds from the resale of stamps helps improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30% of all stamps collected. While helping children is a great motivation for our members to participate, there is a special incentive to say "thank you." For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be order from the Sons of Norway Supply Department, 800-945-8851 ext 645 or [supply@sofn.com](mailto:supply@sofn.com). If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page on the Sons of Norway website. For more information or questions, contact Sons of Norway Tubfrim chairperson, Gene Brandvold, at 952-831-4361 or [genegbrand@aol.com](mailto:genegbrand@aol.com).



Rosette making!



Norwegian Macaroon Cookie Making!

Holmenkollen History In March thousands of spectators will gather in Oslo to support their favorite athletes for the 2015 Holmenkollen Ski Festival. Arranged yearly since the first ski jumping and cross-country skiing competition in 1892, the Holmenkollen Ski Festival includes events in ski jumping, Nordic combined and cross-country skiing. An FIS World Cup Nordic event, the festival draws large crowds and is attended annually by the Royal Family. Regarded as being among the most famous sports arenas in the world and the center of Norwegian skiing, Holmenkollen has a long and impressive history. In the many years since its inception Holmenkollen and its facilities have existed in multiple separate incarnations, changing dramatically since its first branch and snow ski jump in 1892. Hosting World Championships in 1930, 1966, 1982 and the nordic skiing events of the 1952 Winter Olympic Games—an event that set the arena's all-time attendance record of 120,000—brought with it advancements like permanent grandstands, a judge's tower and a lift. The war years halted regular events at Holmenkollen until a celebratory liberation event in 1946. Competitors wrote the symbol H7 (King Haakon VII) in the outrun and the events once again commenced as they had prior to the war. Holmenkollen received its most dramatic re-development prior to hosting the 2011 World Championships, modernizing by becoming the only ski jump in the world with permanent wind protection and a steel construction. Today it stands alone as the world's most modern ski jump facility. Physical changes to the facilities aren't the only transformations that Holmenkollen experienced over the many years since its beginnings in 1892. Slalom and downhill racing events were added to the program in 1947. Four years later, giant slalom was added and with it came the addition of female competitors. In the years that followed additional women's events were added and in 2001 the first female ski-jumping event was held. To learn more about Holmenkollen or to read up on the events happening at 2015 Holmenkollen Ski Festival, held March 13-15, visit: • <http://skifest.no/> • <https://www.facebook.com/pages/Holmenkollen-Skifestival/277925812407412?fref=ts> • <http://www.holmenkollen.com/> • <https://www.facebook.com/Holmenkollenarena>

### ***A Bit of Humor –***

THE TEACHER was writing some sentences on the blackboard when she dropped her chalk. As she bent over to pick it up, little Arnie piped up, "Teacher . . . I can see two inches above your knee."

Outraged, the teacher said, "Arnie, for your impertinence you are expelled from school for one week."

Shortly, the teacher dropped the chalk again and bent over to pick it up. This time little Ralph spoke up, "Teacher . . . I can see *four* inches above your knee."

Infuriated once again, the teacher ordered little Ralph to be expelled for *two* weeks. Ten minutes later the teacher once again dropped the chalk; and again, stooped over to pick it up. As she raised up, she noticed little Ole grabbing his school books and heading toward the door.

"Ole, where are you going?" asked the



Norwegian Shrimp Salad Open-Faced Sandwich adapted from [gooseberrymooseberry.com](http://gooseberrymooseberry.com), yields 2 servings • ½ cup small salad shrimp, cooked and peeled • ¼ cup finely chopped cucumber • 1 tsp finely chopped parsley or dill • 1 tsp finely chopped scallion • ¼ tsp capers (optional) • fresh lemon juice to taste • 2 tsp mayonnaise, crème fraîche or sour cream • salt • freshly ground pepper • 1 avocado, sliced thinly • slices of hearty bread Combine shrimp, parsley/dill, capers, scallion and cucumber in a bowl. Add mayonnaise (or crème fraîche or sour cream) and mix until combined. Season to taste

## Holmenkollen History

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



### **March**

- 3 – Sylvi Olsen
- 4 – Jessica Lion
- 5 – Jeanne Holt
- 10 – Lyman Lokkew
- 11 – Victoria Gammer
- 15 – Kirstin Loumeau

## ***Kalendaren – Calendar***



### **March -**

- 8 – Daylight saving time begins***
- 14 – Lodge Meeting at 12:30pm***
- 17 – St. Patrick's Day***

### **April –**

- 9- Annual Norwegian Open House***

### **May –**

- 16- Syttende Mai Celebration at Peer Gynt Lodge in Culver City; lets car pool***

The History of Name Days in Norway The celebration of name days is a long-held custom throughout Scandinavia that originated in the early Christian church. It first kept a list of saint and martyr names, with name days celebrated in their honor. Prior to Norway's Christianization, neither name days nor birthdays were customary. In fact, at first, there was no standardized order to the name day lists. Then, in 1757, Sweden made an official "almanac," which included name days. After this point, name days became commonplace in Sweden and Finland. Finland then started the custom of expanding its lists to include the names of the bulk of its citizens, rather than just the names of Catholic saints and martyrs. Thus a name day became a day which, according to the almanac, is dedicated to a certain first name. The tradition of name days also spread to Denmark, and their list of names was adopted in whole by Norway, based on the Catholic calendar of saints from the Middle Ages. Norway produced its own almanac in 1814 with the same Danish names that had been used since the mid-1600s. In 1912, most of these names were removed, because the Catholic traditions behind them had all but died out. Only the names associated with the most important Catholic feasts were left intact, such as Olsok (Feast of St. Olaf, July 29th), Larsok (Feast of St. Lawrence, August 10th) and Barsok (Feast of St. Bartholomew, August 24th). Throughout the 1900s, name days held little significance for most Norwegians, while their celebration became increasingly popular in Sweden. In the 1980s, Norwegian radio stations started using the Swedish name day calendar. In 1988, the University of Oslo helped launch Almanakkforlaget (The Almanac Publisher), along with a new calendar of name days based on the Swedish model. Two names were chosen for each day of the year, with exceptions being January 1st—the day that Jesus was said to have been named—along with February 29th and December 25th. The names are based on the statistics of given names in Norway between 1900 and 1982. The list was again updated in 1998, when 49 new names were added based on the name statistics from 1988 to 1995. The current list contains a total of 769 names: 386 female and 383 male names. Some names were assigned to dates relating to historical persons of the same name. For example, Snorre is September 23rd, based on the date that Snorri Sturluson died. Hakon and Maud were given a common name day (June 22nd), based on the coronation date of King Haakon VII and Queen Maud in 1906. Interestingly, Adam and Eva are given the same name day of December 24th while Maria and Josef each have their own days in March.



**SONS OF  
NORWAY**

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