

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 85, Issue 5

May 2015

Ord Fra Presidenten...

It is so great to be Norwegian and a member of our lodge. We had a great Norwegian Heritage Open House in April. Thank you to everyone. You all helped from set up, bringing food, bringing display items, buying raffle tickets and clean up. This was our 4th Open house and they are getting better each year.

Now we are heading to our Syttende Mai Celebration. We have 3 opportunities to celebrate Norway's Constitution Day.

- 1. May 9th at the Lodge meeting – John and Sylvi will share their stories from Norway celebrating Syttende Mai. Lunch will be a Pot Luck. Let's mix it up this time and bring what you want Main dish, Salad or Dessert. We are wild and crazy.*
- 2. May 16th at Peer Gynt Lodge. We are celebrating with other lodges in our District. Cost is \$15.00. Meet at the Church at 10:00am to car pool.*
- 3. May 17th (the day) – Nansen Field is having a big celebration.*

If you can attend them all. You will have wonderful memories to share. Don't forget June 6th is our 85th Anniversary Celebration. You will be getting your invitation shortly.

Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday, May 9, 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

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	(714)537-9646
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	Gail Taggert	(562)404-2582
Musician:	Judy Bohlen	(714)827-3913
Counselor:	Herman Holt	(562) 429-7638
Greeters:	Sylvi Olsen Jeanne Paige	(714) 537-9646 (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	

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.

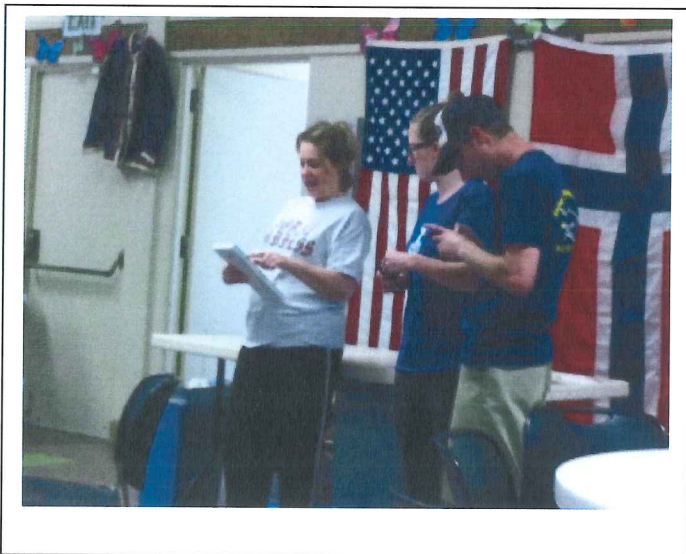
Phone: (818) 986 -7199
Cell: (818)667-6627
Fax: (818) 905-5785

Minutes from our Lodge Meeting

NORWEGIAN HERITAGE OPEN HOUSE
FRIDTJOF NANSEN LODGE #6-009
April 11, 2015

Our lodge hall was filled with wall to wall Norwegian decor and items....a very festive atmosphere. Many of the lodge members brought memorabilia from home to display and discuss with visitors. If there was an award for who has the most it would be Phebe. She has a wonderful collection of all varieties of Norwegian items. We were fortunate to have two vendors join us this year. Kerstin and Carlos Ortega brought a large assortment of Norwegian t-shirts, tote bags and jewelry. There was something for everyone from little children through adults. Jane Hendricks brought countless Scandinavian items from candles to jewelry to Christmas decor. Everyone enjoyed shopping and finding that just right item. We enjoyed a Norwegian luncheon provided by various members of the lodge. This was followed by a raffle where the lucky winners were permitted to select the prize before the drawing. It was a lovely day enjoying our heritage as well as sharing it with one another.

Respectfully submitted,
Barbara Shepard - Secretary



A Bit of Humor:

Sven and Ole were sipping their beers when a truck went past loaded up with rolls of sod. "I'm going to do dat when I vin da lottery," announced Sven. "Do vat?" asked Ole. "Send my lawn out to be mowed."

.....

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?"

Kalendaren – Calendar



May

9 – Lodge Meeting at 12:30pm

10 – Mother's Day

16 – Carpooling to Peer Gynt for Syttende Mai Celebration

17 – Nansen Field – Syttende Mai Celebration

25 – Memorial Day

June

6 – Our Special 85th Anniversary Luncheon Celebration

13 – Lodge Meeting at 12:30pm

REMEMBER THOSE WHO SERVED



ALL GAVE SOME, SOME GAVE ALL

This Month's Birthdays. . . Gratulerer Med Dagen



May

9 – Phebe Frizioni

24 – Richard Loy

Summer Festivals in Norway In recent years, the number of festivals in Norway has grown immensely. Crowds from local towns and all over Norway flock to rock, pop, hiphop, jazz, chamber music, beer, stand up, and cultural festivals... In the summer you don't need to travel far to find a good festival experience. Here you will find information about some of Norway's summer festivals.

Bergen International Festival (May 27– June 10) Bergen International Festival is a music and theater festival arranged in Bergen and is Norway's largest of its genre. It contains a variety of music, theater, dance and visual arts at a high national and international level.

Norwegian Wood – Frogner Park in Oslo (June 10-13) Norwegian Wood was first held in 1992. The initiators were three friends who wanted a festival for the bands and the music they liked. Over 20 years later Norwegian Wood is one of Norway's leading and longest running rock festivals, and several of rock's biggest stars have visited the legendary sight in Frogner Park.

Bukta – Tromsø Open Air Festival (July 16-18) Bukta is an annual rock festival held in Tromsø, Norway. An important part of the Bukta Festival is to promote and develop the North Norwegian rock scene and every year they have nearly 40% of the bands/ artists from the region.

Country Festival – Seljord (July 22-26) Seljord Country Festival is Norway's largest country music festival. Through its 17 years, the festival has accommodated over 50,000 caravans, tents and campers, been visited by nearly 500,000 people and 213 artists including some of the world's biggest country stars.

Sommerdagen in Meløy (July 28-August 2) Sommerdagen in Meløy is a music and activity festival that focuses on outdoor experiences. Experience some of the best Meløy has to offer with hiking trips, glacier climbing in the midnight sun, kayaking among small islands and white beaches, and ice climbing on the beautiful Engen Glacier. The evenings are spent in the company of festive crowds and a selection of Norway's best performers on stage.

Olavfestdagene – Trondheim (July 28-August 2) Every year around Midsummer Olavfestdagene fills Trondheim with a festive party, diverse quality

concerts, lectures, pilgrimages, worship services and free events – experiences that will move you.

Olavfestdagene offers a variety of rich programming for both children and adults.

Oslo Jazz Festival (August 10) Oslo Jazz Festival is held over six days in August each year. For nearly 30 years the festival has offered a wide range of jazz experiences. The festival overview is representative of the flora of jazz and related music, from gospel and blues to Latin jazz and electronica.



Women in Norway Have 3rd Best Ranking in World In 2014, Norway fared well in the rankings for the Global Gender Gap Report as determined by the World Economic Forum in Geneva, taking third place out of 142 countries. Scoring is based on five categories: economic participation and opportunity, educational attainment, health and survival and political empowerment. In the category of educational attainment, Norwegian females were rated as having total equality at primary, secondary and tertiary education levels. Earned income, literacy and life expectancy rates were also deemed equal to that of men or better. Norway's high ranking is a result of grassroots campaigns, government initiatives and quota systems. In 1978, Eva Kolstad was appointed the world's first Gender Equality Ombud in Norway, whose responsibility was to work toward equality between women and men, specifically in regard to hiring. Another tactic was to increase the presence of women in positions of power by making it a requirement as of 2006 for all publicly-held companies to have a minimum of 40% women on their board of directors, or face closure. State-owned firms were already required to have at least 45% female board representation. Norwegian equality minister at the time, Karita Bekkemellem, said that "More than half of the people who have a business education today are women. It is wrong for companies not to use them. They should be represented." She added that she didn't want to wait 20 or 30 years for society to catch up. Currently state panels, committees and boards have only 38 percent female representation. Norway's largest company, Statoil, meets the 40% requirement. Six European countries have followed Norway's example and the European Union's parliament plans to require a 40% quota by 2020.

Solbakken Lodge's
Anniversary Dinner
June 3, 2015

Salmon, Dilled Red Potatoes, Fresh Asparagus
Salad, Rolls & Dessert

(Wine and Beer will be for sale as usual, \$2.00 per glass of wine, \$2.00 per bottle of beer. Sodas are \$1.00)

Social Time starting at 6 pm
Dinner starting at 6:30 pm

Norwegian Cultural Program
7:45 pm

Cost: \$20.00 per person

Reservations for: _____
Number of persons in party: _____
Cost per person: \$20.00 X # of people = \$ _____

Parties of 4 or more will be seated at the same table.
Return this portion of this flyer to Judy Immel.

Celebrate Memorial Day at Camp Norge –
May 23, 24 and 25th, 2015



The Recreation Center Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our "**Paradise in the Sierras.**"

Come celebrate this true American Holiday with us. We have **exciting plans** for the weekend you won't want to miss!

- Beginning with an awesome **museum field trip** on Saturday
- A **Craft Fair** together with hosted **Cocktail Party** and **Silent Auction** on Saturday afternoon. *(Please contact Penny to donate your silent auction items ASAP at pennyjknudsen@sbcglobal.net.)*
- An exciting **hike to the river** on Sunday
- But best of all come for the **Big Surprise** on Saturday!

Rosettes Recipe from Ardelle

2 eggs
2 tsp sugar
1 cup 2% or whole milk
1 tsp vanilla extract

Whisk together. Do not beat eggs so much as to get a lot of bubbles in mixture.

Sift together

1 cup flour
1/4 tsp salt

Whisk flour mixture into liquid. Refrigerate batter for 2 hours or more.

Heat 2-3" of Canola oil into deep fryer, electric skillet or saucepan to 365 degrees. Use candy thermometer to measure temperature. Once oil has reached temperature, submerge rosette iron in oil for 2 minutes. Pour some of the batter into shallow bowl.

Remove heated iron from oil. Tap off excess oil onto a folded paper towel. Carefully dip iron into batter so bottom and sides are covered within about 1/8" of the top. Dip batter covered into oil completely submerging it in the oil.

Allow rosette to fry until golden brown. If it falls off iron, simply flip over with a fork so both sides cook for a few seconds and remove from oil with fork. If rosette sticks to iron, remove from oil and pry off with fork on to paper towel. Invert rosette and allow to cool. Reheat iron for a minute in the hot oil before dipping for next rosette.

Store in airtight container. Sift powdered sugar over rosettes before serving.

Can freeze without powdered sugar for up to 2 months. Defrost and pop into oven to warm before sifting with powdered sugar and serving.

Can substitute almond or lemon extract for the vanilla
Can add 1/2 tsp cinnamon or cardamon when using vanilla extract.

Helpful hints

Often the first rosette of the day may not be perfect, but practice makes perfect.

If they won't come off the iron they may not have cooked long enough or you let the batter come up over the edge of the iron.

If they are blistered and thick, you may have beaten the eggs too much.

Takes about 25-30 seconds for each rosette to cook.

Temperature of the oil is critical. Too hot the rosette will burn and too cool the rosette will be soggy and greasy.



SLOW COOKER NORWEGIAN LAMB CHOPS

PREP TIME 5 mins/COOK TIME 6 hours/
TOTAL TIME 6 hours 5 mins

Author: Whitney Love

Serves: 6

INGREDIENTS

- 1 large onion, cut and separated into rings
- 1.5 kgs. (about 3.4 lbs.) lamb chops, extra fat trimmed off
- 4 cloves of garlic, minced
- 2 tablespoons red wine vinegar (balsamic is a good substitute)
- 2 tablespoons fresh rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper, freshly ground

INSTRUCTIONS

1. Place the onion rings in the bottom of the slow cooker, covering it completely.
2. Add the lamb chops on top of the onions, then add in the garlic, red wine vinegar, rosemary, salt and pepper.
3. Turn the slow cooker on low for 6-8 hours, and cook until very tender, and the meat is falling off the bone.

NOTES

Dried rosemary can be substituted for fresh rosemary.



Dear Sons of Norway District 6 Lodges,

As you know Camp Trollfjell is coming back again this summer under the new leadership of Erik Peters and Clayton Davis. Among other changes being brought to camp this year, like the newly updated camp website and a camp store, we have decided to do something new and exciting with the T-shirts we give to campers and staff. In past years, the design for the shirts have been made by camp staff and in more recent years, the same design has been used year after year. So we have decided to let the new design for this summer come from the youth throughout district 6. All contestants will have their designs posted on the camp website and Facebook page. Voting will take place on our Facebook page. The theme for camp this year is "changes." The prizes for 1st through 3rd place go as follows:

- 1st place will have their design put on the shirts for this summer and receive \$25 credit for the camp store
- 2nd place will receive \$10 credit for the camp store
- 3rd place will receive \$5 credit for the camp store

To enter this contest, send your design to csdavis89@gmail.com by June 1st. Good Luck contestants!

Sincerely,

Clayton Davis - 2717 Princeton Court - Marina, CA 93933 (626) 755-6494/ csdavis89@gmail.com

Hip Hip Hurray

Syttende Mai

May 17th

Celebration of Norwegian Independence Day!



**SONS OF
NORWAY**

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