

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 85, Issue 8

October 2015

Ord Fra Presidenten...

What a great event we had with Luella showing us chip carving. Thank you to Luella for sharing your skills with our Lodge.

Now remember October's program is provided by Professor Tongsing from Cal Lutheran at Thousand Oaks. He is going to share with us the truth about Trolls. It should be great fun. Food will be provided for a minimal donation.

November will be another great event with Judith Vieje Gabriel. She will be teaching us the art of Norwegian weaving. We will be able to all be weaving our only project. This will be a Potluck event
A to H - Salad, I to P - Main Dish, Q to Z - Dessert

Make sure you mark your Calendar. You will not want to miss any of our upcoming events. Check out the Calendar in this newsletter for upcoming events for our Lodge and Lodges in this area.

Ga i fred (Go in peace) - Troann



SONS OF NORWAY

Our next meeting is on Saturday, **October 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

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	Sylvi Olsen	
Historian	Open	
Musician:	Open	
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
Trustee:	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
Fax: (818) 905-5785

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 September 12, 2015

Today's meeting began with Luella Grangaard teaching another chip carving class. Those participating were able to learn a new skill as well as work toward a cultural skill pin.

Joining us from Peer Gynt was John Aasness and his daughter Susan Newsom. It's always nice to have visitors from other lodges and we hope they enjoyed their time with us.

We took a break for a potluck lunch which, as always, had a great variety of dishes and something for every palate.

Troann made announcements about upcoming activities at other lodges as well as Scandinavian festivals up and down our state. She also reminded us about special activities within our lodge that will be coming up each month.

Romina did a presentation about her two weeks at Camp Trollfjell. She had a wonderful time renewing friendships and making new ones. She also showed us various crafts they made while there. This is a great experience for youngsters and they always come home enriched in their culture.

Troann reminded everyone to remember to bring pennies, stamps and box tops for our various charities.

The chip carving resumed after lunch. The meeting was closed singing Norway O Norway.

Respectfully submitted,
Barbara Shepard - Secretary



This summer one of our Golden Members, **Idell McDonough**, passed away. Idell was proud of her Norwegian heritage and enjoyed attending the Sons of Norway meetings. She rarely missed a meeting although she wasn't always able to actively participate she was loyal and not shy about expressing her opinions. It was always interesting to talk with Idell as she had a strong need to know what was going on and why. She was such a fixture at our meetings and we will miss her sweet, smiling face and pleasant conversations.

LAMB AND CABBAGE STEW

INGREDIENTS

3 kg (6 1/2 pounds) sliced lamb shoulder, neck, or breast on the bone
3 kg (6 1/2 pounds) cabbage, in large wedges
salt
1 tbsp black peppercorns
1 liter (quart) boiling water
1 1/2 dl (2/3 cup) flour
1 1/4 dl (1/2 cup) cold water

DIRECTIONS

In the late fall, lamb and cabbage stew is a popular Sunday dinner dish.

In a wide, heavy pot, layer the meat with the cabbage, sprinkling each layer with salt and peppercorns. Add boiling water. Bring to a boil and simmer until the meat is tender, about 1 1/2 hours. Season with salt and pepper. The stock should be quite peppery. Stir the flour into the cold water, then stir into the pot to thicken. Bring to a boil.

Serve with boiled potatoes.

A Bit of Humor. . .

Sven and Ole find three grenades, and take them to the police station.

Sven: "What if one explodes before we get there?"

Ole: "We'll lie and say we only found two."

Ole goes to the vet with his goldfish. "I think it's got epilepsy" he tells the vet.

The vet takes a look and says "It seems calm enough to me".

Ole says, "I haven't taken it out of the bowl yet".

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

One night, Ole and Lena were fast asleep when all of a sudden the phone rings. Ole wakens and goes to answer it. "How the heck should I know, that's a thousand miles away!!" he barks into the phone and then slams down the receiver. "Who was that?" asks Lena. "I have no idea, Lena," answers Ole. "Somebody wanted to know if the coast is clear."



Kalendaren – Calendar



October

October 10 – Lodge meeting 12:30pm

Learn about Norwegian Trolls

*Sunday, October 11 – Vinland Lodge's 20th Anniversary celebration, Temecula.

*Saturday, October 17 – Solskinn Lodge's 25th Anniversary celebration, Palm Desert.

*Saturday, October 31 - Halloween

This Month's Birthdays. . .

Gratulerer Med Dagen



October

3 – Kirsten Mortensen

10 - Judy Bohlen

10 – Fridtjof Nansen

15 – Andrew Sorensen

24 – Drossy Troggle

24 – Martha Green



Facts about Leif Erikson Day - October 9th Leif Erikson Day is upon us and in honor of the occasion we've put together some facts about the man, the legend and the celebration.

The Name

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling of Leif Erikson.

The Explorer

Leif was born around 960-970 A.D. in Iceland to Norwegian parents, and spent time in Norway and Greenland, so he is claimed by many, while also being referred to as Viking and Norse. He earned the nickname Leif the Lucky after rescuing a crew of 15 shipwrecked Icelanders. Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson was trying to find a place that his friend Bjarni Herjólfsson had told him about— Herjólfsson had sighted the coast in 986, without going ashore. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The Holiday

While Leif Erikson was first acknowledged on a national stage by President Calvin Coolidge in 1925, the official observance of Leif Erikson Day in the United States wouldn't begin until 1964. It was then that Congress approved a resolution proposed by Hubert H. Humphrey, and then Lyndon B. Johnson declared Leif Erikson Day to be October 9th. Almost 40 years prior, Calvin Coolidge had acknowledged the idea that Leif had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and took hold in South Dakota, Illinois, Colorado, Washington and California by 1956.

The Date

October 9th has no special connection to Leif Erikson—there is no record of the actual date that he set foot on North America—but the date plays a role in later Norwegian immigration. On October 9, 1825, the sloop "Restaurationen" landed in New York, carrying the first group of Norwegian Quakers, led by renowned pioneer Cleng Peerson. That passage began a wave of Norwegian immigration that lasted for over 70 years and brought hundreds of thousands of Norwegians to North American shores

Update your directory so you know our new members and the members with new address:

New Members:

Craig L. Peterson
PO Box 357
Dana Point, CA 92629-0357
Phone - (949) 275-5868 newsman@tribal-k.com

Alexander Eleison Plog
17431 Sonora Ave
Cerritos, CA 90703-8648
Phone-(323) 861-0068 thenorsetech@gmail.com

Aggy C. Smith
12 Merrimac
Irvine, Ca 92620-2538
Phone - (949) 306-9750 missagothasmith@yahoo.com

Transferred to our Lodge:

Loyd V. and Virginia "Ginnie" Wilcox
With youth member: Alexander Hamagishi
7885 E. Garner St.
Long Beach, CA 90808-44296
Phone - (562) 596-5616 lginw@aol.com

Anna Elizabeth Vallefucoco
13313 Red Plum St.
Cerritos, Ca 90703-1310
Phone - (562) 619-2515 annavallefuoco@gmail.com

Moved:

Gail Taggart
3852 Highgate Rd.
Norton Shores, MI 49441-5071
Phone - (562) 404-2582 gail.taggart@verizon.net



Tromsø, Norway: A Rising Northern Star

It seems the world is finally catching on to something Norwegians have known all along: there are many things for tourists to see and do in Norway, even above the Arctic Circle. The city of Tromsø, which is known as the "Arctic Capital," is a great example, having been recently named one of Lonely Planet's Best Places to Visit in Europe¹. While the top 10 list includes plenty of scenery and activities, none are quite as unique as those offered by this Norwegian gem. The city sits 200 miles north of the Arctic Circle, and with each season comes major changes in temperature and availability of sunlight for residents and visitors. For example, winter brings the Polar Night, a time when the sun sets in November and won't rise again until January, is followed by slowly increasing amounts of daylight. This change peaks from May to June, when Tromsø enters the time of the Midnight Sun. Like most Norwegians, the residents of this jewel of the North enjoy outdoor activities all year round. As Lonely Planet notes, there is no shortage of ways to enjoy the great outdoors surrounding Tromsø. For nature enthusiasts there are a variety of wildlife excursions, like whale watching trips, and opportunities to experience the natural wonders of Tromsø by foot or dogsled. For those looking to enjoy the fjords there is also kayaking and fishing. All night trips are offered in every season, for those seeking Northern Lights or the feel of a never-ending sunset. For those who prefer a more "urban" experience, Tromsø also has much to offer. The main shopping and entertainment street in the city center is a pedestrian paradise where people stroll, shop and enjoy the city. The city is also home to a wide array of festivals, throughout the year—from music to film to cultural events, there is always something happening to draw in visitors. Although it is still more than a year away, Tromsø is already anticipating the grand opening of Krystall, a hotel that is being built in the fjord. Yes, the snowflake shaped, floating hotel will be in the fjord, resting on the surface of the sea. Krystall is being built as a luxury hotel that will leave no lasting environmental impact. It will also offer guests the possibility of sleeping under a glass roof that will allow the Northern Lights to dance across the bedspread. It will be yet another beautiful reason Tromsø deserves to be among the top destinations in Europe.



Sons of Norway

District Six Convention 2016

Save the Dates!



June 19th - 22nd
Embassy Suites Hotel
Loveland, CO

"Mining Our Heritage"

Hosted by the 7 lodges of **Zone 8 (Colorado)**
More info to come!

The Norwegian-American Veterans Theatre Project—"The Epiphany"

A play by Peer Gynt member Bruce Olav Solheim, Ph.D., Distinguished Professor of History, Volunteer Veterans Advocate, and Playwright will premiere on November 6th, 2015 at Citrus College in Glendora, CA. Prior to the performance on November 15th, there will be a reception honoring resistance fighters. Peer Gynt has been asked to assist in hosting the reception. If you are interested in participating by providing Norwegian baked goods or assisting in serving during the reception, please notify John Aasness at tightlines@earthlink.net, 310-676-5111 or Susan Newsom at sdnewsom@earthlink.net, 310-644-7440. We welcome participation from any S.O.N. lodge that would like to participate in this exciting event to honor the Norwegian Resistance Fighters.

One of our members has been honored by being named to "The Long Beach City College Foundation Board of Governor's" 2015-2016.

Loyd Wilcox is an LBCC alumnus.

He is a Professor Emeritus from Golden West College where he taught for 43 years. Loyd was awarded the "Long Beach 5th District Citizen of the year – 2001.", plus much more. Take time to congratulate him.

New Sons of Norway Member Discounts If you haven't heard yet, Sons of Norway has recently made some major improvements to its member discount program! Thanks to a new partnership, all Sons of Norway members now have exclusive access to PerkSpot, a onestop shop for thousands of discounts from hundreds of local and national retailers. If you love travel, there are now have discounts on domestic and international airfares, rental cars, hotels, and travel insurance. Do you enjoy an active lifestyle? Your Sons of Norway membership now offers savings on health clubs, sporting goods and fitness equipment. Or maybe you prefer to relax at home? Then you'll love the offers for garden & patio items, home décor, and bed & bath products. In fact, your discounts don't end there—Sons of Norway members will now enjoy savings in more than 100 categories, including: Apparel Automotive Beauty & Fragrance Books Cell Phones Computers Electronics Entertainment Financial Services Food Gift Items Health & Wellness Products Home & Garden Magazines Movies Jewelry Outdoors Equipment Travel But that's not all! PerkSpot works hard to add new offers every month to enhance the program. Once you create your account, you can start saving today! To start taking advantage of all the new offerings, visit www.sonsofnorway.com/discounts.



**SONS OF
NORWAY**

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2015 ISSUE