

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 85, Issue 10

January 2016

Ord Fra Presidenten...

Well here we are headed into a New Year 2016, amazing.

We will have installation of new officers at our January 9th meeting. John Olsen will be installed as our new President. I am excited to turn the reins over to John and know you will support him as well as you have supported me in the past.

I want to **Thank You** for all your love and support you have shown me over my term as President. It has been a joy for me to serve as your President; I just love our Lodge. Now I will be treasurer so I have not gone far.

Potluck at January meeting;
A to H - Dessert, I to P- Salad, Q to Z-Main Dish.

There is lot going on in our district, read the advertisements in this newsletter.

Wishing all of you wonderful New Year full of Blessings.



Ga i fred (Go in peace) – Troann



SONS OF NORWAY

Our next meeting is on Saturday,

January 9, 2016 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.

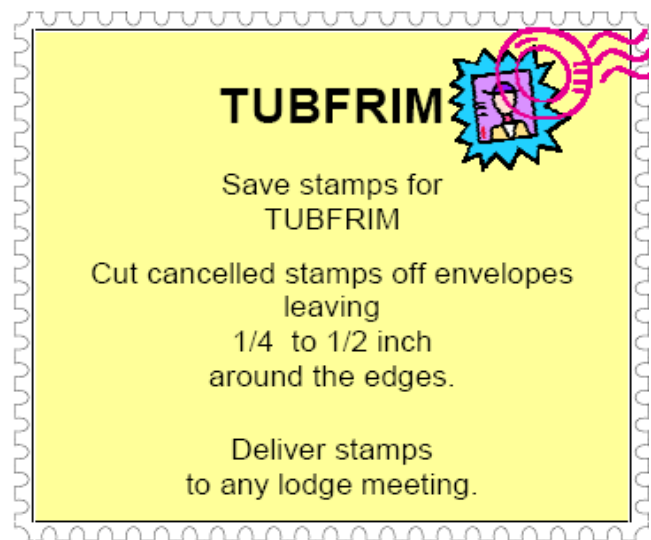
Tusen Takk to Roni Lion for keeping our website running.



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.

**2016
Officers**

President:	Johan Olsen	(714) 537-9646
Vice President:	Vacant	
Treasurer	Troann Loy	(714) 963-4830
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Cleone Hatwan Phebe Fricioni	(562) 633-6752 (562) 430-5092
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director	Sylvi Olsen	
Historian	Open	
Musician:	Open	
Counselor:	Troann Loy	(714) 963-4830
Greeters:	Sylvi Olsen Jeanne Paige	(714) 537-9646 (562)429-3093
Marshall:	Phillip Knudsen	(562) 308-8763
Marshall:	Vacant	
Social Director:		
Trustee:	Herman Holt	(562) 429-7638
Trustee:	Cleone Hatwan	(562) 633-6752
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

Fridtjof Nansen Lodge #6-009

FRIDTJOF NANSEN LODGE #6-009

Minutes 12/12/2016

Our meeting and Christmas party began with a wonderful lunch prepared by Terry and her Elves. We had visitors from other lodges as well as potential new members join us.

John presented our language lesson which consisted of seasonal and Christmas terms. He is very patient with our botched pronunciations as he encourages us to learn.

Happy birthday was sung to Ginnie, John and Dee.

Christmas carols and holiday songs were sung as everyone circled around the Christmas tree. John (the Nisse) and Romina surprised us with an appearance and a bag of gifts for everyone in attendance. This has become a tradition that we all enjoy. Everyone sang 'Silent Night' around the Christmas tree.

We had a silent auction with a great selection of Norwegian items. All the proceeds will go to Marina High School in Huntington Beach. They are building an actual Viking ship which should be sea or pond worthy in 2016. It's an ambitious project and the kids are doing an outstanding job. We are hoping for a ride in it.

Business Meeting

We sang the National Anthems followed by the Pledge of Allegiance. Troann gave a heartfelt talk about how fortunate we are to live in a country where we can sing these songs and express our allegiance.

Pat Kelly, our insurance representative, gave a short talk on the value and importance of getting insurance through the Sons of Norway. It's safe, secure and never falters.

Phebe and John - our nomination committee, presented the nominees for offices in 2016.

President: John Olson

Vice President: open

Secretary: Terry Lord

Treasurer: Troann Loy

Membership: Phebe Frichioni

Co-Membership: Cleone Hatwan

There was a motion to approve which was seconded and everyone voted yes.

Remaining offices are appointed and volunteers to accept a position was offered. Everyone gets much more from belonging to an organization by becoming invested in it through participation.

We closed by singing 'Norway O Norway'.

Our next meeting will be January 9, 2016 at 12:30. This is a potluck so we are looking forward to another great variety of dishes from our group.

Respectfully submitted
Barbara Shepard - Secretary



Lapskaus Adapted from nordicnibbler.com Makes 6-8 servings • 2¾ lbs chuck steak, cut into ¾-inch pieces • 6 large carrots, chopped into ¾-inch pieces • ½ lb parsley roots, chopped into ¾-inch pieces • 1½ lbs rutabaga, chopped into ¾-inch pieces • 2¼ lbs potatoes, chopped into ½-inch cubes • 6 1/3 cups chicken stock • 2 tbsp butter • Freshly chopped parsley to garnish • Salt and freshly ground pepper to taste Brown batches of meat in a casserole pot with melted butter. Add meat, chopped vegetables and chicken stock to the pot. Season as desired with salt and pepper and bring to a boil. Skim top of stew if needed. Cover with a tight fitting lid and simmer for 2½ hours. Stir carefully so that vegetables do not break down and become mushy. Taste and adjust seasoning as needed. If stew is too dense, thin with stock or water. Serve in bowls with a sprinkle of parsley and your favorite bread.

A Bit of Humor. . .

Ole Olson is on his deathbed, knows the end is near, he is with his nurse, his wife, his daughter and two sons.

"So", he says to them:

"My oldest son Swen, I want you to take the Minnetonka houses;

My daughter Lena, take the apartments over in Edina;

My son Rasmus, I want you to take the offices over on Hennepin; and Gunhild, my dear wife, please take all the residential buildings downtown."

The nurse is just blown away by all this, and as Ole slips away, she says, "Mrs. Olson, your husband must have been such a hard working man to have accumulated all this property."

Gunhild replies, "Property? ... the idiot had a paper route!"

Ole and Lena went to the Olympics.

**While sitting on a bench, a lady turned to Ole and said,
"Are you a pole vaulter?"**

Ole said, "No, I'm Norwegian and my name isn't Valter."

Our Member Darlene Has a cousin who has a Scandinavian store in Minnesota check it out at her website.
www.scandinavianmarket.com.

Kalendaren – Calendar



January

- 1 – New Year's Day
- 9 – Lodge Meeting Installation of Officers
- 16 – Sons of Norway Founders' Day
- 18 – Martin Luther King Jr.

February

- 2 – Groundhog Day
- 12 – Lincoln's Birthday
- 15 – Presidents' Day

This Month's Birthdays. . . Gratulerer Med Dagen



January

- 10 – Erin Flair
- 14 – Aggy Smith
- 18 – Reg Johansen

Sons of Norway Foundation Grant Funds available for lodges and members.

What is your lodge or community planning where extra funding could enhance the experience? **All grant applications are done online at www.sonsofnorway.com/foundation.**

Local Lodge Partnership Grants - Due January 15, 2016 - for lodge events and Norwegian themed programming at the lodge level. Matching funds grants up to \$1,000.

General Heritage & Culture Grants - Due February 1, 2016 - for community-wide Norwegian themed events, musical & theatrical performances, Cross-cultural exchange groups, Nordic cultural fairs, etc. Funds up to \$1,500 for events happening within the 2016 calendar year.

Helping Hands to Children Grants - Due February 15, 2016 - For lodges helping in local schools with student mentoring, school supplies or Norwegian themed presentations, lodge events for children. Matching funds up to \$500.

Sons of Norway Foundation Post High School Scholarships - Deadlines begin March 1, 2016

Did you know that the Sons of Norway Foundation offers college scholarships starting at \$1,000 for current members, children or grandchildren of current members? This is a great member benefit. Have the college students in your family check out www.sonsofnorway.com/foundation. We currently offer seven categories of scholarships for different areas of study. **All scholarship applications are done online.**

The Sons of Norway Foundation awards approximately \$100,000 in grants and scholarship annually.

Celebrate Founders' Day!

Are you ready to show your Sons of Norway pride? January 16th marks Sons of Norway's Founders Day, a day to celebrate the organizations beginning and acknowledge the contributions made by 18 Norwegian immigrants back in 1895. It's an amazing thing to see how our organization, which was founded to create a social safety net for Norwegian immigrants, has grown into the largest Norwegian cultural organization in the world! While Founders Day is a great day to celebrate Sons of Norway's past, it's also an opportunity to celebrate where we're headed. With thousands of hours dedicated to our communities and reputation built on strong, dependable financial products, Founders Day is the perfect time to demonstrate your pride in being a part of Sons of Norway! So on January 16th, don't forget to wear your Sons of Norway pins proudly! And when anyone asks about your membership pin, explain with pride that you belong to Sons of Norway and then invite them to learn more at an upcoming lodge meeting!

*** Check out the new Website! ***

District Six Lodge Meeting And Convention 2016



www.d6in16.com

"Mining Our Heritage"

June 19 - 22, 2016

Embassy Suites Hotel * Loveland, CO
Hosted by the 7 lodges of Zone 8 (Colorado)



LEADERSHIP SEMINARS 2016

Coming to YOUR area for all Lodge Leaders! Presented by your District Officers.....



Check out the District Six website soon (www.sofn6.org) for further information.

Velkommen!

THE DISTRICT SIX 2016 CONVENTION

The Convention website is now up and running. All you want to know and more is [here](#).

IMPORTANT NEWS FROM DISTRICT ^{SUPER}SIX

The District Six Nominating Committee is now evaluating candidates for the District Six Board of Directors (June, 2016 – June, 2018).

The District Six Nominating Committee members are:

- Lyle Berge (CO-UT) – lyle.berge@sofnboard.com
- Roger Espeland (AZ) – roger.espeland@sofn6.org
- Randi Cruze (Northern CA) – randi.cruze@sofn6.org
- Lise Fleming (Southern CA) – lise.fleming@sofn6.org
- Gwen Knighton (NV) – gwen.knighton@sofn6.org

Will you consider serving on the District Six Board from June 2016 – June 2018? The recently formed Nominating Committee anticipates hearing from many dedicated members who will ultimately provide a solid representation of the membership in the District. Our Committee will introduce the names of candidates for all thirteen positions at the June 2016 biennial meeting in Loveland, CO. Delegates from all local lodges in District Six are eligible – *Be An Elected Delegate!*

All candidates must be Benefit members by the date of the 2016 Convention, over the age of 18 and complete the Candidate Application form [here](#).

If you are interested, please complete the [Candidate Application Form](#) and forward to the Chair, Lyle Berge lyle.berge@sofnboard.com or 1353 W. 88th Ave. D-202, Thornton, CO 80260. You may also contact other committee members (see list above).

Job descriptions for the District Six board positions can be seen [here](#).

IMPORTANT DATES

Jan 16

All Day - Leadership Seminar - Bjørnstjerne Bjørnson Lodge

Jan 30

All Day - Leadership Seminar - Trollheim Lodge Hall

All Day - Leadership Seminar - Desert Fjord

Feb 06

All Day - Leadership Seminar - Vinland Lodge—afternoon event

Feb 20

All Day - Leadership Seminar - Freya Lodge

Feb 27

All Day - Leadership Seminar - Snowshoe Thompson Lodge

All Day - Leadership Seminar - Desert Troll Lodge

All Day - Leadership Seminar - Norrona Lodge

Making Bottles Out of Paper:



Danish scientists and brewers have developed beer bottles out of paper. But is it possible to produce them quickly enough? The current beer packaging is made from glass, metal or plastic. If beer could instead be sold in biodegradable bottles made of paper, it could be good for the environment. At the Technical University of Denmark (DTU), packaging researchers have started to collaborate with Carlsberg, one of the largest beer breweries in the world. The packaging company EcoXpac is also participating in the research. The new biodegradable paper bottle could hypothetically be used for many things. “We have aimed high, so the goal is to also use paper bottles for beer as well,” says Thomas J. Howard, a scientist at DTU. Must be made in six seconds pouring orange juice into paper cartons also posed a challenge in its time, which scientists were able to solve. Using a paper bottle for beer requires a cap that can maintain the carbonation, for starters. Paper beer bottles must be stacked, transported and handled without breaking the bottles. According to the DTU researcher, the biggest challenge no longer lies in making the paper beer bottle, but in making it quickly enough. It needs to be produced in a very short time. This is something that breweries would require in order to use this innovation. The critical time is six seconds—the speed required to make one bottle—for brewers to be interested in using it. At the same time, paper beer bottles need to be more environmentally friendly than the glass, metal or plastic currently used to bottle beer, which is not a given. Drinking beer from paper bottles within three years the prototype for the new beer bottle is made from recycled newspaper. For now, these bottles take much more than six seconds to produce. The scientists are testing out using a vacuum to squeeze out the water from the paper in just seconds. This could cut down the production time. The scientists have been given three years and almost 28 million Danish kroner (4 million US dollars) to make something completely new. Thomas Howard tells the DTU online newspaper that he is convinced that he will be drinking beer from a paper bottle in three years.



We want to adopt a school The Marina High Shop Department. They are working very hard building a Viking ship for their school.



Trollfjell Folkehøgskule
June 26 - July 9

Camp Trollfjell
July 10 - 23

For more information or to register go to: <http://sofn6.org/arv/>

Like us on Facebook!



Fridtjof Nansen #6-009 Long Beach, CA

www.fridtjofnansenlodge.com

www.sofn6.com

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