

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 86, Issue 2

February 2016

Ord Fra Presidenten...

Our January meeting was regular in the sense that the annual ceremony of installation of officers took place, but unique in that Troann, after five years as President did step down.

The procedure, led by Teresa Broadhead, went smooth as some of the previous Board Officers remained, but in other elected or assigned positions. However, we still need someone to the Vice President position.

In the Language Class, the entire group did quite well in pronouncing the Norwegian words.

As your new President, I plan to continue the lunch and socializing, the formal procedures, and supplement with informative presentations by Lodge members, as well as my personal knowledge about Norway . We will also support the building of a Viking Ship by students at the Marina High School.

I also hope we will be active and participate in the 17 May celebrations at Nansen Field and at the Norwegian Seamen's Church.

In summary, I will retain traditional values as well as provide up-to-date information to the Lodge members.

John Olsen



SONS OF NORWAY

Our next meeting is on Saturday,

February 13, 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:	Open	
Treasurer	Phebe Fricioni	(562) 430-5092
Secretary:	Terry Lord	(714) 369-2420
Co-Membership Secretary:	Cleone Hatwan Phebe Fricioni	(562) 633-6752 (562) 430-5092
Editor:	Troann M. Loy	(714) 963-4830
Co-Cultural Director	Sylvi Olsen & Phil Knudsen	(714) 537-9646 (562) 308-8763
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
Social Director:	Phebe Fricioni	(562) 430-5092
Trustees:	Herman Holt Cleone Hatwan	(562) 429-7638 (562) 633-6752
Auditor:	Patricia Lampe	

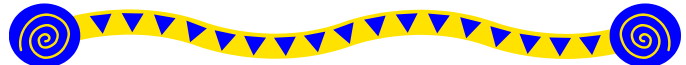


TUBFRIM

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

Lodge Meeting 1/9/16

- We started our meeting with a prayer and a yummy potluck lunch including casseroles, salads, & desserts
- 18 people were present for today's meeting
- John Olsen gave us our 'ever famous' Norwegian language lesson. We learned words that focus on elections since that is the theme of today's meeting.
- Troann Loy called the meeting to order and led the National Anthems & Pledge of Allegiance
- Installations were held
 - o Teresa Broadhead – Zone 5 Director commenced today's ceremony of new officers:

President = Johan (John) Olsen
Secretary = Terry Lord
Treasurer/Editor = Troann Loy
Cultural Director = Sylvi Olsen
2nd = Phillip Knudsen
Counselor = Herman Holt
Adopt A School = Troann Loy
2nd = Terry Lord
Membership Directory – Phebe Frizioni
Romina & Phil were escorts

- Troann presented John Olsen with the King Harold medal and she explains that the medal should be worn with King Harold's face close to your heart (as he is still living)
- John gives an Introduction, and a Thank You speech for proudly accepting his new position
 - o We currently have 45 members in our lodge
 - o \$223 was raised for Marina High School's Viking Ship
 - The money will go towards the purchase of wood to make 10 oars. The oars will be made by the woodshop class.
 - o Our lodge currently pays for a storage unit. The board will review if it's necessary to continue to pay for it or if we can let it go
 - o John also awarded Troann & Phebe with beautiful orchids to Thank them for their endless hours & dedication to the successfulness of our lodge

- Next meeting we will be making cookies
 - o Planning to have 3 or 4 stations to include:
 - Rosettes & Krumkake
- John presented Northern Norway at Christmas. Christmas is a special time of year in Norway.
 - o The streets are a glow with lanterns, lights and other decorations
 - o At the Seaside main square, you can buy shrimp right off the boats
 - o The main bridge is all lit up
 - o It's 24 hours of darkness during this time. The darkness lasts for 2 months starting Dec 21
 - o However, you can see golden sunlight off in the horizon
 - o In June, it will be the opposite. Lots of sunshine
 - o You must have winter tires while driving. The roads can be icy.
 - o Sled & toboggans (Sparks) are great fun for the kids
 - o Tromsa is the Paris of the North
 - o Lots of nightlight
 - o Another tradition is to set candles on the grave sites of loved ones
 - o At Christmas, everything shuts down at 5 pm
- Ginnie Wilcox won the raffle and opted to donate the money back to the lodge. Thank You Ginnie!
- Our next meeting is Feb. 13, 2016.

Respectfully Submitted: Terry Lord – Secretary



A Bit of Humor:

Ole and Lena were out walking and Lena clutched her heart and fell to the sidewalk. Ole got out his cell phone and called 9-1-1.

The Operator said "Where are you?"

Ole said, "We were walking and Lena is on the sidewalk on Eucalyptus Street."

The operator said, "How do you spell that?" and the phone seemed to go dead. The operator kept shouting for Ole. She could hear him panting.

When he came back on and he said, "I dragged her over to Oak St, that's O-A-K."

Lars, the bartender, asked Ole, "Do ya know da difference between a Norwegian and a canoe?"

"No, I don't," said Ole.

"A canoe will sometimes tip," explained Lars.

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."

Kalendaren – Calendar



February

2 – Groundhog Day

13 – Lodge Meeting – Cookie Making

14 – Valentine's Day

15 – Presidents' Day

This Month's Birthdays. . . Gratulerer Med Dagen



February

5 – Phillip Knudsen

13 – Jeanne Paige





Left to right Front row – Terry Lord – Secretary, Troann Loy – Treasurer, Johan Olsen – President, Teresa Broadhead – Zone Director

Left to right Back row – Romina Solberg – Marshall, Sylvi Olsen – Co Cultural Director, Phebe Fricoini – Membership Secretary, Cleone Hatwan – Trustee, Phil Knudsen – Co Cultural Director

All Day - Leadership Seminar - Norrona Lodge

Saturday February 27, 2016

All Day Event

Norway Hall 14312 Friar St, Van Nuys, CA

Contact: Olaf Olsen 818-342-5986 Charlotte Johnson will be contact for our arrangements. Registrar: Luella Grangaard vicepresident@sofn6.org

Instructors: Luella Grangaard or Nancy Madson and Teresa Broadhead

Let John Olsen know if you are interested in going.

Norwegian Group Wins Guinness World Record for Largest Quilt

The Norwegian Women and Family Association was recently awarded a Guinness World Record thanks to the help of dedicated knitters, crocheters and quilters association-wide. In spirit of the organization's 100th anniversary, members set a goal to create the world's largest patchwork blanket – a blanket that would also outsize a quilt assembled by a Finnish sister organization. Tensions were high as to whether or not the group would win the record. But, according to Elisabeth Rusdal, union leader, the organization beat the previous world record by a large margin. Around mid-September hundreds of quilts that varied in both size and color flowed into Oslo. The effort's promotional materials stated that participants could either create a large blanket measuring 6.56 feet by 5.24 feet (200 centimeters by 160 centimeters) or a smaller baby blanket measuring 5.24 feet by 2.62 feet (160 centimeters by 80 centimeters). The final quilt was then assembled from the hundreds of smaller blankets to create the unique pattern and record-winning size. The end result, which weighed in at 686 pounds (311.03 kilograms) and measured 6,095,376 square feet (566,279 square meters), took two years to complete even with the help of many participants across the country. The blanket was made using 2,148,293 feet (654,800 meters) of yarn that has been valued at \$26,365 (229,000 Kroner). Because participants were allowed to use any desired assembly method – whether it was quilting, knitting or crocheting – the combined blanket displayed an array of colors, patterns, and textures. Adhering to the organization's mission of improving conditions for Norwegian women and families, the blanket was disassembled and distributed across the country to a variety of health institutions and the Salvation Army. And, according to Elisabeth Rusdal, the recordwinning blanket will keep many warm for many years to come.

Norwegian Pancakes – Pannekaken

Adapted from allrecipes.com Makes 6 servings

- 3 eggs
- 1½ cups milk
- 1 cup all-purpose flour
- 1 tsp sugar
- ¼ tsp salt
- Topping of your choice

Lightly mix eggs and milk in blender. Add flour, sugar and salt and blend until smooth and no lumps remain. Heat pan over medium-high heat. Coat pan with butter or cooking spray and add ¼ cup of pancake batter. Tilt pan to coat evenly with batter. Cook until the top of the pancake looks dry, roughly 30 seconds. Use spatula to carefully flip the pancake and cook for a few seconds on the other side until browned. Roll served with your favorite topping of fresh berries, syrup or lingonberry jam.

District Six Scholarships for Undergraduate Students

Attending Accredited 4 year American Institutions Award of three (3) scholarships of \$1,000 Application Form and Requirements are available at: www.sofn6.org/scholarships Deadline: April 1, 2016—don't miss out! Questions: email Carl at cingvoldst@aol.com



Leading the Way: 2016 Innovative Leadership Conference

Have you ever thought of yourself as a leader? Have you ever wondered how you can help lead your lodge into a bright future? If you answered yes to either of these questions, then you'll want to know about an upcoming event, presented by Sons of Norway, which can take your leadership skills to the next level. On August 24, as part of the 2016 International Convention, Sons of Norway is hosting its third biennial Innovative Leadership Conference (ILC). This event is dedicated to helping members develop their leadership skills, while providing a balanced mix of leadership theory and practical application. The end result being attendees will receive tangible tools and resources that can be brought back to the lodge and immediately implemented. The event, which encompasses a full day of learning, will be comprised of 4 distinct educational modules; each dedicated to a different element of good leadership and organizational stewardship. These modules will include one each on teamwork, conflict resolution/ negotiation, strategic planning and Mentorship. Remember—this event is open to ALL Sons of Norway members, regardless of whether they are a delegate or not, and irrespective of their current role within a lodge. What's more, Sons of Norway is working hard to make this event useful for everyone—be it in their role as a Sons of Norway member, or in their professional lives. Registration will open soon for this year's ILC, so be sure to keep checking our website, www.sonsofnorway.com/convention, for updates and additional information about this event!

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!

Our next lodge meeting is
February 13, 2016 at 12:30pm

We are going to be making Norwegian Cookies, Cookies and more Cookies.

I know you will want join us. Who does not love cookies?

There will be a job for everyone.

We will need help mixing, cooking/baking and tasting them.

Join us for all the fun Norwegian style.



**SONS OF
NORWAY**

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