

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 86, Issue 3

March 2016

Ord Fra Presidenten...

Those that did not attend our February meeting sure lost out on a lot.

Members and guests enjoyed socializing

and a delicious lunch that included salmon soup donated by the Wilcox's.

A fun language lesson lead to the highlight of the meeting, Making cookies.

The participants filled the kitchen, making delicious rosettes, almond cake,

oatmeal, and chocolate chip cookies.

"Goodies" for everybody to enjoy and enough for everybody to take some home.

A presentation with pictures of Tromsø's

Sol Dag (first glimpse of the sun after a dark winter) rounded off an enjoyable meeting.

I am wondering why many long term members never attend our meetings which are enjoyable, non-formal gatherings with Norwegian associated themes.

Regards, Johan Olsen



SONS OF NORWAY

Our next meeting is on Saturday,

March 12, 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 M. 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:	Herman Holt	(562) 429-7638
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

Meeting 2/13/16

- John opened today's meeting with announcements
 - o Calendars are available for \$10
 - o Free booklets are available for the 1994 Olympics and show beautiful pictures of Norway
 - o John handed out surveys to see what interests the Lodge members would like to cover in future meetings
 - o A raffle will be held today to raise money for Marina High School's Viking Ship Fund
 - o Table prayer commenced (all rise)
- Lunch was offered. Delicious Salmon soup was sponsored by the Wilcox's
 - o Bread & Salad by Phebe
 - o Fruit by Terry
 - o And baked cookies for desert
- 19 people were present for today's meeting, including 2 new visitors Chris & Ellen Villine
- Of course, Phebe decorated our room beautifully for Valentine's day with hearts galore
- Today is "Cookie Day". Several stations have been carefully organized by Phebe for the making of:
 - o Rosettes
 - o Norwegian macaroons
 - o Almond cake
 - o And chocolates
 - o Fun was had by all, and we got to fill boxes of the tasty treats to take home
- John Olsen's language lesson was focused on words about cooking (Takk for maten, Velbekomme, Kjeks, Kake, Smakaker, Mel, Melk, Gjaer, Sukker, Vaffel, Lefse).
- Today's noted birthdays were for Phil & Jennie
- A wonderful array of gifts were available for the Marina High School Viking Ship Fund. Raffle tickets were sold for each item, and later drawn to determine the winner.
 - o At the end of the day, \$119.50 was raised for Marina. **Way to go Sons!**
 - The money will go towards the purchase of varnish
 - o Earlier in the week, Troann & I stopped by Marina High School to visit with Bob Meade, the woodshop teacher. We saw the boat oar made for the Sons of Norway. What a fine job they did!
- Bob is looking for some simple ideas to decorate the boat shields. Let us know if you have any simple designs to offer.
- We also invited Bob Meade to our next meeting in March. He will make a presentation about the Viking Ship project at Marina High School.
- John shared 2 short presentations
 - o Folkefesten – Slottsparken-Oslo
 - King Harald V celebrates 25 years as king
 - Snow was trucked to the park for skiing
 - Everyone in the royal family went cross country skiing
 - o Soldagen – The Sun Day
 - Tromso has a long dark winter with 24 hours of darkness
 - In January, the sun light starts to appear on the horizon
 - Then the first day of full sun can be seen 1/21.
 - School is off for this special event
 - Yummy treats named Solbollers celebrate the event. Solbollers are like donuts filled with such things as Bavarian or raspberry crèmes. They are enjoyed by all.
- Our next meeting is Mar. 13, 2016.
- **FOLLOW UP ITEMS**
 - o Ginnie & Loyd Wilcox need name badges
- **SALMON SOUP RECIPE contained**
 - o 1 box vegy broth
 - o 1 bottle white wine
 - o 1 Qrt heavy cream (milk as needed)
 - o 2 – ½ qrts of half & half
 - o 2 cubes butter
 - o 3 large potatoes
 - o 3 stalks of celery
 - o 2 grated parsnips
 - o 4 chopped carrots
 - o 2 large leeks chopped
 - o 3 salmon filets
 - o Salt/pepper (hint of curry)
 - o Caraway seed
 - o 3 mushrooms

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor. . .

Ole lived across the Minnesota River from Clarence Bunsen, whom he didn't like at all. They were yelling across the river at each other all the time.

Ole would yell to Clarence, "If I had a way to cross dis river, I'd come ofver dere an beat you up good, yeah sure ya betcha by golly!"

This went on for years. Finally, the state built a bridge across the river right there by their houses.

Ole's wife, Lena , says, "Now iss yer chance, Ole. Vhy doncha go over dere and beat up dat Clarence like you said you vud?"

Ole replied, "OK, by yimminy, I tink I vill do yust dat!"

Ole started for the bridge, but he saw a sign on the bridge and stopped to read it, then turned around and came back home.

Lena asked, "Vhy did you come back?"

Ole said, " Lena , I tink I changed my mind 'bout beatin' up dat Clarence. You know, when I yell at him from across da river he don't look so big. But dey put a sign on da bridge dat says "Clearence is 13 ft. 6 In."

Kalendaren – Calendar



March

12 – Lodge Meeting

Shop teacher Bob Meade will tell us about making a Viking Ship

13 – Daylight Saving Begins

17 – Saint Patrick's Day

27 – Easter

APRIL

9 – Lodge Meeting

This Month's Birthdays. . . Gratulerer Med Dagen



March

5 – Jeanne Holt

8 – Sylvi Olsen

10 – Lyman Lokken

11 – Victoria Gammer

15 – Kirsten Loumeau

SPRING AHEAD



Change Your Clocks

family matters
Celebrating the Sámi
 Family Matters is a special section of *Viking* magazine that provides ideas for celebrating the Sámi culture. It includes recipes, crafts, and activities for all ages.

Activities for Young People

PRESCHOOL
 Read a book: *Sammen* by Inger-Lise Rasmussen. This book tells the story of a Sámi girl who lives in a tent and goes to school in a tent.

ELEMENTARY AGES
 Draw a flag: The Sámi flag is a blue rectangle with a red circle and a yellow cross.

TEENAGERS
 Learn to knit: Knitting is a traditional Sámi craft. You can learn to knit a simple scarf or hat.

LEARN MORE
 Visit our website at www.sonsofnorway.com for more information on celebrating the Sámi.

Celebrating your Heritage as a Family

Is your family looking for a way to spend quality time together that celebrates your Norwegian heritage? You're in luck: there are several options available for you from Sons of Norway. Whether you want to get the family dancing or are interested in Sámi culture, there is nearly something for every family get together. Let's look at some of the ways you can turn family time this spring into Norsk family time!

An excellent place to begin with is the Family Matters section of *Viking* magazine. What makes this resource so great are the suggested activities available for kids of all ages. Take the most recent Family Matters edition, the Celebrating Sámi from the February *Viking*. In it you'll find sample activities for kids from preschool all the way to teenagers. It also provides resources to take learning beyond the pages of the magazine and onto the internet and into books that will add depth to understanding the Sámi or one of the other topics. These include exploring genealogy, folk dancing, chip carving and more.

Speaking of folk dancing, did you know that Sons of Norway has a cultural skills program specifically designed for children? Through the youth Cultural Skills Program, your kids or grandkids can explore figure carving, knitting or one of the other Norwegian crafts. Best of all, they'll receive a pin from Sons of Norway Headquarters as a reward for their hard work. The youth cultural skills are also a great opportunity for kids to segue into many of the adult Cultural Skills programs, potentially kicking off a lifelong interest in their Norwegian roots.

The last option for family programming is the Sports Medal Program. We all know that Norwegians are renowned for their love of the outdoors and springtime provides ample opportunities to explore the outdoors. Whether it's skiing or walking in your neck of the woods, the Sports Medal Program gives your family the chance to earn medals for getting outside and kick starting a healthy lifestyle.

If you're interested in any of these programs you can learn more by visiting the Members Section of the Sons of Norway website or by contacting Joe Eggers, Membership Coordinator at membership@sofn.com.

Bunad Camp 2016



CAMP NORGE

We have three spots left—don't miss out! April 4-7, 2016 with Sue Sutherland, owner of Bunad Butikken in Ely, MN.

Registration is \$300 plus lodging and materials for Sons of Norway members; \$350 for non-members. Individual instruction in authentic embroidery and construction.

Camp Norge
 250 Canyon Mine Road
 Alto, CA

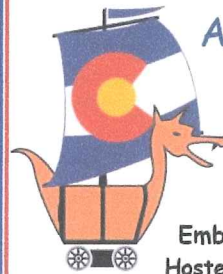


District 6

For details contact Pamela Groth
 Phone: 707-778-8120
 E-mail: clothcrafter@sbglobal.net

*** 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)



The Recruitment Challenge is Back!

Throughout the year, Sons of Norway Headquarters is putting your lodge to the test to see if you've got what it takes to be the best recruiting lodge in the organization. Like in the past though, it's all about net-growth so keeping members is just as important as getting new ones.

For more information about the 2016 Recruitment Challenge, log onto www.sonsofnorway.com/challenge or contact Joe Eggers, Membership Coordinator at membership@sofn.com.

We would like to invite you to our anniversary fundraiser dinner, celebrating our 75th year.

Saturday, April 23rd at 6pm, at The Norwegian Church in San Pedro.

We look forward to an evening with good food, entertainment and fellowship.

The price is \$ 75 per person. If you sign up before April 1st, you will be in a drawing to win a Kindle Paperwhite eBook. Please send in your reservation together with a check (payable to "The Norwegian Church") or call us at 310 832 6800 to pay by card. Festive attire/bunad is encouraged.

Sunday April 24th at 11am we will celebrate our 75th anniversary Worship Service. Followed by a festive "church coffee" for all. There will be games and fun for the children. Hope to see you there!

The Norwegian Seamen's Church
P.O. Box 1621
1035 South Beacon Street
San Pedro, CA 90731



**SONS OF
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

www.fridtjofnansenlodge.com

www.sofn6.com

Editor - Troann Mortensen Loy

9062 Kahului Dr.

Huntington Beach, CA 92646

tm4rb5@gmail.com

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