

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 87 , 4 Issue

April, 2017

Ord Fra Presidenten...

Are you ready for April? It is going to be a great Month. We will have Luella Grangaard share with us how to track your Genealogy of your Norwegian relatives. Bring your family information and see what we can find out. If you have a lap top computer please bring it so we can look up more information.

May will be our Syttende Mai celebration at our May 13th Lodge meeting. Johan Olsen will be leading us in our Norwegian Constitution Celebration. We will have a delicious Norwegian meal.

Join us, bring a friend we always have great food and a fun time.

Med vennlig hilsen,

Phebe

god påske

Happy Easter!



SONS OF NORWAY

Our next meeting is on Saturday, April 8, 2017
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!

April's Lodge meeting is going to be great.

Louella Grangaard Vice President of our District; will be presenting a program on Geneology.

Bring your family information you have and see where you can find out more.

Meal is provided.



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.

**2017
Officers**

| | | |
|-----------------------|--------------------------------|----------------------------------|
| President: | Phebe Fricioni | (562) 430-5092 |
| Vice President: | Johan Olsen | (714) 537-9646 |
| Treasurer | Troann Loy | (714) 963-4830 |
| Secretary: | Terry Lord | (714) 369-2420 |
| Membership Secretary: | Ginnie Wilcox Cleone Hatwan | (562) 596-5616 (562) 633-6752 |
| Editor: | Troann M. Loy | (714) 963-4830 |
| Cultural Director | Phillip Knudsen | (562) 308-8763 |
| Historian | Open | |
| Musician: | Open | |
| Counselor: | Troann Loy | |
| Greeters: | Jeanne Paige Phil Peterson | (562)429-3093 (562) 429-3093 |
| Marshall: | Phillip Knudsen | (562) 308-8763 |
| Marshall: | Loyd Wilcox | (562) 596-5616 |
| Social Director: | Phebe Fricioni | (562) 430-5092 |
| Trustee: | Cleone Hatwan | (562) 633-6752 |
| 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

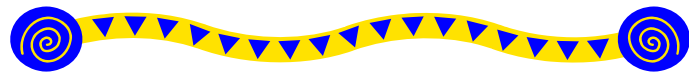
TUBFRIM



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. Ginnie Wilcox 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. Jeanne and Phil will be collecting your pennies every month.

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 3/11/17

- Another beautifully decorated room for St. Patty's Day. **Thank You to all** that helped plan & put it together!
- Thank You to the Wilcox's for your extra time & effort getting us organized on the cart and in the kitchen.
- We started off our meeting the Norwegian Table prayer, then off to taste the delicious fiddles.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Our language lesson today was focused on Sami words since that will be the subject matter of today's meeting.
- Terry Lord hosted today's presentation on the Sami's in Norway.
 - o What a wonderful & supportive audience for my 1st presentation. Thank You

Today's announcements

- Happy Birthday Sylvi, Andrea, Roselyn, & Lyman, & Jeannie Holt.
- The lodge received a letter from Justin "Thanking" us for our support. His pancake breakfast and other endeavors enabled him to raise all of the \$ needed to accomplish his courtyard project. Woo hoo!
- Welcome to our lodge Kathy Kendrick and Teresa Broadhead!
- Terry Lord won the 50/50 drawing and donated the winnings back to the lodge.
- The lodge receives a total of \$32.

- April 1 & 2 is the Viking Festival at Cal Lutheran in Thousand Oaks. Don't miss out.
- Troann brought in the Norway map for us to tie a ribbon with our name to the city or town of heritage.
- Ginnie proposes a new "perfect attendance award".
- Apply for Scholarships @ thesonsofnorway.com.
- Our next meeting is April 8th 2017, and we will work toward earning our Music pins.

Respectfully submitted: Terry Lord – Secretary

Tusen Takk to Terry Lord for her informative program on the Sami people. We all enjoyed it.



A Bit of Humor:

Sven and Ole are up fixing the roof. Sven picks up a nail, looks at it, and throws it away.

He picks up the next one, looks at it, and hammers it into the roof

The next one, he hammers it into the roof; the next one, he throws it away.

Ole says, "Sven, why do you throw away half the nails?"

Sven says, "Ole, don't you see, they have the point on the wrong end!"

Ole says, "Sven, don't be such a dummy! Those are for the OTHER side of the roof!"

Lena competed with a French woman and an English woman in the Breast Stroke division of an English Channel swim competition. The French woman came in first, the English woman second. Lena reached the shore completely exhausted. She remarked, "I don't want to complain, but I think those other two girls used their arms."

Sven and Ole buy a mule. But when they get it home, they can't get it into the barn. It just won't go.

Sven says, "I know just the problem. He won't fit through the door. His ears are too long."

Ole sees that Sven is right, thinks a bit, and then says, "I know what we can do. We should raise the barn by a foot, so he'll fit."

Sven asks, "Wouldn't it be easier to dig a ditch for him to walk in?"

Ole says, "Sven, don't be such a dummy! It's his ears that are too long, not his legs!"

www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

Kalendaren – Calendar



April

1-2 Scandinavian Festival

8 – Lodge Meeting

16 - Easter

22 – Earth Day

May

13 – Lodge Meeting

14 – Mother's Day

20 – Armed Forces Day

29 – Memorial Day

This Month's Birthdays. . . Gratulerer Med Dagen



April

6 – Kristin Spaberg

19 – Barbara Shepard

20 – Ardelle Stenson

24 – Loyd Wilcox

30 – Cleone Hatwan

Having a Sibling Makes You Wealthier

Having a sister or a brother can contribute to better income when you become an adult. Your parents' divorce will have no financial impact on you.

"Having one sibling can be a boon for your finances as an adult. But having more siblings, on the contrary, is negative, at least if the family is poor," says Swedish sociologist Frida Skog. Using records with data on Swedes born in 1973, Skog has studied what happened to them financially later in life. Most surprising is that it does not seem to provide any economic advantage to grow up as an only child, as many might imagine. Especially for children from poorer families, it appears to be an advantage to have one sibling. It is particularly advantageous to be the older of two siblings.

More than two siblings result in poorer finances

If the family has more than two siblings, it turns out to be a disadvantage. It not only means tighter conditions for the family during childhood, but the children also earn less as adults. The disadvantage of having more than two siblings is reduced if the age difference between the children is small. "It may be that siblings who are close in age can give each other more support in school. But it may also be that moms have more career opportunities if children aren't born as far apart," says Frida Skog in a press release from Umeå University.

Divorce has no effect on finances

The researcher also finds that parental divorce does not affect children negatively financially in the long term. This is somewhat surprising, says the researcher, in an interview with the Swedish newspaper *Västerbottens-Kuriren*. Children who grow up in divorced families, are also no worse off financially as adults than children who grow up with both parents. The researcher adjusted this finding to the size of the family and the family's finances, however, she finds no difference between children of divorced and non-divorced parents. If mother finds a new partner, it also doesn't affect the child's income as an adult. Assuming that the child does not get more than one half-sibling.

Frida Skog has used figures and information from databases. She can therefore conclude how things have gone financially during adulthood for an only-child born in 1973. However, this type of study cannot reveal anything about why only-children do not have a financial advantage. Many elements may play a role. Other types of studies may be able to answer this.



Celebrate Financial Literacy Month

Did you know April marks Financial Literacy Month? That means this month is a terrific time to really think about your financial future. Life insurance and annuities can provide valuable long term financial security for you and your loved ones. Fortunately, your lodge is equipped with a Financial Benefits Counselor, who can walk you through the many excellent products Sons of Norway has to offer.

In that spirit, here are three reasons you should consider a Sons of Norway financial product this April.

1. Free Financial Review

As a Sons of Norway member, you're eligible to meet with a Financial Benefits Counselor to discuss your financial goals and review the Sons of Norway products that will best help you get there.

2. Support Your Lodge

Because Sons of Norway is fraternal life insurance company, money from the sale of financial products goes back into our lodges. One of the easiest ways to support yourself and your lodge is through one of our financial products.

3. Over a Century of Strength

Providing support has been a cornerstone principle of Sons of Norway since its founding in 1895. You can count on the support and security from Sons of Norway's financial product when you need it most. Whether it's during Financial Literacy Month or beyond, it's a good idea to meet with your lodge's Financial Benefits Counselor soon.

Norway's Easter Thrillers

Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of P askekrim. Literally translated as "Easter crime," this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series. While it is uncertain exactly how P askekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* ("Bergen Train Robbed Tonight"). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym "Jonathan Jerv" and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper's masthead, featured the novel's title "BERGEN TRAIN ROBBED TONIGHT" and caused a sensation among readers who believed it to be a real headline. Readers—concerned for the welfare of passengers on the train—had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel's Eastertime sales success and P askekrim became an annual tradition. While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate P askekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon. To learn more about Norway's popular crime writers or to find titles, log in to the digital edition of *Viking* magazine and check out these issues:

Nordic Noir -

<http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

Murder She Wrote -

<http://msp.imirus.com/Mpowered/book/vvk15/i7/p38>

Read On -

<http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide -

<http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

The Golden Touch -

<http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>

Fiskekaker (Norwegian Fish Cakes)

Makes 6 cakes. Adapted from

gooseberrymoosberry.com

- ***1 lb white fish fillets (such as cod or haddock)***
- ***½ tsp salt***
- ***1/8 tsp pepper***
- ***1/8 tsp ground nutmeg***
- ***1 egg white***
- ***1½ tbsp corn starch***
- ***½ to 1 cup ice-cold milk, more if needed***
- ***1 tbsp finely chopped chives***
- ***1-2 tbsp canola oil for frying***

Dry fillets with paper towels and cut into large pieces. Process fillet pieces in a food processor.

Add egg white, corn starch, salt, pepper and nutmeg to processor and grind until blended. Set the processor to a low speed and slowly add milk through the chute until the mixture has a paste-like consistency, using as much milk as the mixture can absorb without becoming too watery to form the cakes. Add chives to mixture and process. Move mixture to a bowl. Heat oil in a large pan on medium heat. Divide mixture into 6 portions and form into cakes (roughly 2-3 inches wide). Fry cakes for four minutes each side or until golden brown. Serve and enjoy.

Remoulade Sauce Makes 1½ cups

- ***1¼ cups mayonnaise***
- ***¼ cup mustard***
- ***1 tbsp sweet paprika***
- ***1-2 tsp cajun or creole seasoning***
- ***2 tsp prepared horseradish***
- ***1 tsp pickle juice (can substitute lemon juice or vinegar)***
- ***1 tsp hot sauce***
- ***1 large clove garlic, minced and smashed***



Getting the Most out of Norway's Great Outdoors

With nature playing such a large role Norway's national and cultural identity, embracing the outdoors is a must for anyone looking to explore Norway. Grab your hiking boots; here are some tips for getting the most out of Norway's natural beauty.

Enjoy the right to roam

Allemannsretten, known in English as the right to roam, was put into legal effect in 1957 in Norway. This concept honors the idea that everyone should have unlimited access to the great outdoors. This means that the countryside including beaches, mountains and forests are accessible to everyone – even travelers. Take advantage of the right to roam by enjoying everything that Norway has to offer, from mountain views to forest hikes and autumn foraging.

Know the rules

Along with the right to roam comes a personal responsibility. In Norway those who enjoy the outdoors practice "leave no trace." This means that everyone exploring the nation's countryside should leave the landscape just how they found it – this allows everyone the chance to enjoy the undisturbed beauty.

For more information on the right to roam regulations, visit the Norwegian Environment Agency's website at <http://www.miljodirektoratet.no/en/Areas-of-activity1/Outdoor-recreation/Right-to-Roam/>.

Pack the essentials

There's a Norwegian saying, "There's no such thing as bad weather, just bad clothes." It's important to understand the conditions for the time of year. Be prepared for anything – this means the cold and the damp – and remember to dress in layers, especially in the more unpredictable times for weather like spring and autumn. Packing the right footwear is also important, so make sure you bring comfortable hiking shoes. Below are the average temperatures for each season and some of the popular outdoor activities to help you plan and pack effectively.

Spring

March – May

32 to 50 degrees Fahrenheit / 0 to 10 degrees Celsius

Activities: Fishing, Kayaking, Canoeing, Cycling, Hiking, Climbing

Summer

June – August

59 to 77 degrees Fahrenheit / 15 to 25 degrees Celsius

Activities: Swimming, Hiking, Climbing, Camping, Sailing, Canoeing, Kayaking, Cycling, Fishing

Fall

September – November

41 to 50 degrees Fahrenheit / 5 to 10 degrees Celsius

Activities: Hiking, Foraging, Fishing, Climbing, Biking

Winter

December – February

5 to 23 degrees Fahrenheit / -5 to -15 degrees Celsius

Activities: Skating, Cross-Country Skiing, Downhill Skiing, Sledding



NEEDED AT THE LODGE. . .

We need a lab top for the Lodge. Most of our programs have presentation on the computer and we have been borrowing members who can not always be there. **If anyone has a lap top they would like to donate** please let Johan Olsen know.



What is your family history?

Do you know where your family came from?

**Do you know how they came to this
country?**

**Join us at April 8th meeting to learn how to
track you Genealogy.**



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