

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 87 , Issue 6

June, 2017

Ord Fra Presidenten...

Dear Member:

I am so excited we have the opportunity to have Mary Beth present her trunk show at our June Meeting. (see page 5)

As most of you know I will miss the meeting because my youngest son Jason will be getting married that day.

I will not be seeing you until the September meeting but if you need me I will be here for you. Please call or email me.

Camp Norge has been closed because of the washed out road. We have a request from the District office to participate in their fund raiser. Let's help them out. (see page 4)

Troann and I have loved making our Bunad maybe you would like to also.

Bunad Camp 2018 will be held May 4 thru 7 at Camp Norge.

Since we need to pay for the use of the Heritage Hall, prices will be slightly higher than this year. Next year's cost will be \$350.00 plus your room and food. Jim Sutherland has agreed to cook again.

We will be having a Friendship group again next year. This group is for the sewers who do not need the teacher's assistance but wish to come and work on their Bunads. The price for the Friendship group will be \$100.00 plus your room and food. Registration information will be in the fall D6 newsletter.

Med vennlig hilsen
(Best Regards), Phebe Fricioni - President



SONS OF NORWAY

Our next meeting is on Saturday, June 10, 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!

We will have a potluck, please bring a
dish by last name.


**A to H - Salad, I to P- Main Dish,
Q to Z- Dessert**



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	(562)429-3093
	Phil Peterson	(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	



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.



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

Sons of Norway Lodge Meeting 5/13/17

- Welcome to our visitors – Laila, Stephen, & Ada !!!
- Phebe & Troann went to the Bunad camp in Northern California. Phebe shared her “working” Bunad. Nice job!
- We started off our meeting with the Norwegian Table prayer, then off to the tasty treats. Thank You Fridtjof Nansen for supplying lunch today. It was Delicious!
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Today we will celebrate **Syttende Mai**, and have a beautiful cake to prove it. ☺ (Thank You Ginnie)
- Our language lesson was focused on **Syttende Mai – Norway’s National Constitutional Day**.
 - o John hosted today’s presentation regarding Syttende Mai and explains how Norway/Sweden declared independence from Denmark.
 - o The Constitution was signed at Eidsvoll on May 17, 1814.
 - o It is celebrated differently in some regions with marching bands, parades, & music. Some celebrate at home with family gatherings and BBQ’s. The royal family is always present in Oslo.
 - o We also marched in our own parade today, waiving the Norwegian flags proudly.
- Phil is our Cultural Director and announced that Valerie Spaar has received a Bronze pin & Silver pin for 60 & 80 mile bicycle rides. Congratulations Valerie!

Today’s announcements

- Happy Birthday Phebe & Anna
- Stephen Leopold won the 50/50 drawing. The total amount was \$18.
- Martha Green shared the name of a movie shown at the Newport Beach file festival called Sami Blood.
- Our next meeting is June 10, 2017.

Respectfully submitted: Terry Lord – Secretary

Camp Norge Fund Raiser

We have been offered a wonderful opportunity from the Treasurer of District Five (back in the Midwest) to sell a book about World War II in Norway. All District 6 Board Members have received a copy of this book for review and can share it with you when they make a Lodge visitation. The stories were compiled by a District 5 Cultural Director and the accounts tell of the acts of bravery made in Norway.

This is a great book for your Lodge Library or to provide your Lodge Members who are participating in the Cultural Skills Medals Program, "Norwegian and Norwegian-American Authors".

As the Camp is suffering through many months of lack of revenue, anything we can do to support it will be greatly appreciated. Please do not hesitate to contact me if you have any questions.

Fraternally,
Mary Beth Ingvaldstad
President—District Six SON
Marybethd6pres@aol.com

Please Support Norwegian-American Heritage and Camp Norge



Camp Norge is Sons of Norway's District 6 Norwegian heritage project. As a "nusen takk" for your donation, you can get the "Hidden Heroes: World War II in Norway." These twenty eye accounts were originally collected from Sons of Norway men a District Cultural Director, Jean Bitner. We hope these accounts help you remember the acts of bravery that everyday heroes in Norway in World War II.



Living in Norway during World War II, you never knew if the next door was a hero, a Norwegian resistance fighter. The hero could be a teenager going with his dad to steal grain from a train, in order to feed refugees. It could be a girl who hid her instrument case, while going by bike to a violin lesson. It could be the fisherman down the street, rowing a boat full of grenades. It could be the German U-boat captain sitting on the seat which was hiding many Norwegians risked their lives to thwart the Nazis who were occupying their country. These are their true stories.

If you haven't earned a SON literature cultural skills pin, this book is a great way to get started.

ORDER FORM - HIDDEN HEROES: WORLD WAR II IN NORWAY

___ \$20 (1 book) allow 3 weeks for printing
___ \$25 (Camp Norge donation for 1 book) and shipping (shipping to
___ \$100 (Camp Norge donation for 5 books) one location)
___ \$250 (Camp Norge donation for 15 books)
___ \$500 (Camp Norge donation for 33 books)
___ I want to make a \$ _____ donation, and receive only ___ books

Make checks out to "Sons of Norway District"

Name: _____

Address: _____

City/St/Zip: _____

Email: _____

Phone: _____ Lodge: _____

Send your order to: Mike Palecek, SON treasurer, 5747 Sandy Lane, Racine WI 53406

A Bit of Humor: What the Cows Heard?

On Midsummer's Day two yokels were on the train heading homewards through Åndalsnes Norway when one of them noticed some cows. 'What a lovely bunch of cows.' he remarked. 'Not a bunch, herd,' his friend replied. 'Heard of what?' 'Herd of cows.' 'Of course I've heard of cows.' 'No, a cow herd.' 'What do I care what a cow heard. I have no secrets to keep from a cow!'"

Ole lived across the river from Clarence who he didn't like at all.

All the time they were yelling across the river at each other.

Ole would yell to Clarence, 'If I had a way to cross dis river, I'd come over 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, says, 'Now is your chance, Ole, why don't you go over dere and beat up dat Clarence like you said you would.'

Ole says, 'OK, by yimmy I tink I vill do just dat' Ole started for the bridge but he sees a sign on the bridge and he stops to read it, then he turns around and comes back home. Ole's wife asked, 'why did you come back?'

Ole said, 'I tink I change my mind 'bout beatin' up dat Clarence, you know, dey put a sign on DA bridge dat says 'Clarence is 13 ft. 6 in.' You know, he don't look near dat big when I yell at him from across DA river'

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



JUNE

10 – Lodge Meeting

Trunk Show

18 – Father's Day

21 – First Day of Summer

JULY

4 – Independence Day

WE DO NOT MEET IN JULY OR AUGUST.

SEPTEMBER

9 – NEXT LODGE MEETING

This Month's Birthdays. . . Gratulerer Med Dagen



JUNE

15 –Patricia Lampe

15 – Truman Risa

JULY

6 - Mary Jo Roache

11 – Gabriela Redroza

18 – Roni Loni

20 – Alexander Plog



**MARY BETH INGOLDSTAD'S
TRUNK SHOW
THE STORY OF A NORWEGIAN IMMIGRANT
AND HER TRUNK COMING TO AMERICA.**



Join us for a very special program on
Saturday on June 10, 2017 at 12:30 p.m.

Mary Beth Ingvoldstad is our District President; she is bringing a special program to us. We will first see a DVD, "American Fever", about a young woman leaving her family in Norway forever, to settle in America. Mary Beth will then open her family trunk artifacts chronicling the journey they made from South Minnesota and North Dakota.

Learn more about the preparations, the loneliness
and the hardships of our forefathers faced coming to America.

Invite family and friends to join us for this wonderful program.

Potluck Lunch at

Christ Lutheran Church/6500 E. Stearns/ Long Beach, CA

Questions call (714) 928-5975

Quick Note from Gabriela . . .

Hi Guys,

It's been a long time since we have seen you guys and everybody else from the lodge.

This past weekend I was there but couldn't make it to the lodge because Romina had a swim meet. We really want to see all of you, but as you all know, I'm not there for the moment. I hope to move back next August/September because Romina starts HS and she doesn't want to move to TJ with me, so I have no other option. I would be looking for a bedroom for rent, if you guys know of somebody who will be renting a bedroom, please let me know. I need to start looking now....

And how is everybody at the lodge doing?

I'm hoping I can make it in June at least...

Please send my greetings to everybody and hope everybody is doing well...

Best from,

Romina, Per, and Gabriela....



Celebrating Edvard Grieg

June is the month to pay homage to Norway's most revered composer, Edvard Grieg, who was born in Bergen on June 15, 1843, in the Grieg's family home. Here are a few notable facts about the composer culled from The Grieg Museum's website.* • Grieg's most famous compositions include Piano Concerto in a minor, incidental music for Ibsen's drama "Peer Gynt" (Morning Mood, In the Hall of the Mountain King, Solveig's Song a.o.), Lyric Pieces for piano, Holberg Suite, Last Spring • He grew up in a successful merchant family, together with his brother John (born 1840) and his sisters Maren (born 1837), Ingeborg Benedicte (born 1838) and Elisabeth (born 1845). Very early he showed a strong interest in music and for the piano as instrument. He could sit at the piano for hours, exploring all kinds of tunes on his own. • During his early school years in Bergen, Edvard wasn't the most disciplined pupil. He preferred to discover the music himself. Instead of the compulsory etudes, he preferred to improvise and play new tunes and melodies. However, despite the certain amount of reluctance, his love for music grew into what was to become, in his innermost spirit, the right thing to do in life – to be an artist. • Edvard Grieg studied at the music conservatory in Leipzig, Germany. This conservatory was founded in 1843 by Felix Mendelsohn, and was reckoned to be the best and most modern conservatory in Europe. His teachers in Leipzig were some of the best pedagogues in Europe: Ignaz Moscheles in piano, Carl Reinecke in composition and Moritz Hauptmann, for whom Edvard Grieg had the greatest respect. He graduated from the conservatory with excellent marks in 1862. • An extensive touring schedule with *innumerable concerts, combined with a weak health condition, was to put an end to Grieg's life.* In September 1907 Grieg became seriously ill and was hospitalized in Bergen, where he died on Sept. 4, 1907, of chronic exhaustion. Learn more about the Norway's rich musical heritage by participating in Music and Musicians of Norway, a cultural skills program available to Sons of Norway members at www.sonsofnorway.com.

Midsummer Campfire Bread and Hot Dogs

Adapted from

www.thefamilydinnerbook.com

- 1½ cup warm water
- 3 tsp active dry yeast
- 4 cups (or more) all purpose flour
- 1 tsp sugar
- 2 tsp salt
- 2 tbsp olive oil + a little extra
- 12 Hot dogs
- Long sticks, bamboo poles or metal skewers
- Ketchup and mustard

Mix warm water and yeast in a bowl or standing mixer. Let stand for 5 minutes or until yeast dissolves. Add remaining ingredients, stirring until well combined. If using a standing mixer, mix with dough hook for 5 minutes, otherwise transfer dough mixture to lightly floured surface. Knead until smooth, add flour in increments if dough is sticky. Continue kneading for at least 5 minutes. Cover with plastic wrap and let dough rise in a warm area until the dough doubles in size, roughly 1 hour. Punch dough down and drizzle with olive oil. Transfer to a portable bowl with a lid. Prepare a fire and let it burn down to red coals. Thread a hot dog onto a skewer or stick. Take a small plum sized portion of dough and roll between hands until you have a rope. Twist dough around hot dog and hold over coals, rotating until bread is golden and cooked and hot dog is warmed.

Adults Get Help with Reading and Math

Volunteer organizations are receiving money to help adults with reading, writing and math. Altogether 79 nonprofits will be helping adults. The organizations will hold courses in reading, writing, math and computer skills. The organizations have received 25 million kroner from the Ministry of Education. The money will give people the knowledge they need to get a job and for life in general. "It is positive that several volunteer organizations are helping adults. [They are] making voluntary contributions in an important way so that adults acquire new knowledge," says Minister Torbjørn Røe Isaksen. Many different nonprofits will organize courses. Money will go toward training that will take place among other places in shelters, volunteer centers, prisons and libraries. Organizations such as the Red Cross, Mental Helse (a mental health-focused organization), Caritas Norway (a Catholic development and relief organization) and Folkeuniversitetet (adult continuing education) are some of those who will receive money. They will first and foremost help adults with little education. People should be helped where they live. You can look up where the nearest courses are arranged. "The nonprofits meet adults in many different places. Adults who are not working also need new skills. Often, new knowledge allows them to participate in public life. This can result in their getting a job," says Gina Lund. She is director of Kompetanse Norge (the Norwegian Institute for Adult Learning), which has the responsibility of distributing the funding



Spotlight on Vesterålen Vesterålen, nicknamed the “Green Alps,” is known for its soft, lush landscape and its prime location for viewing Norway’s stunning Northern Lights. The archipelago comprises six municipalities over four large islands and is located just north and east of Lofoten. Located on the edge of the continental shelf and given its proximity on the Gulf Stream path, Vesterålen is an excellent site for whale watching. In fact, the Whale Center in Andenes offers guaranteed whale-watching safaris. Other activities for travelers include hiking, kayaking, fishing and lighthouse experiences. Want to learn more about this northern destination? Check out www.visitvesteralen.com.

Happy Father's Day



**SONS OF
NORWAY**

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