

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 87 , 3 Issue

March, 2017

Ord Fra Presidenten...

February was a great meeting. We all learned more about Edvard Grieg from Loyd's presentation.

The cookie exchange was a great success. Lots of yummy cookies.



Now looking forward to March's Lodge meeting, Terry Lord will present a program on the Sami people. It will be a super meeting bring a friend.

Vennlig hilsen, Phebe Fricioni



SONS OF NORWAY

Our next meeting is on Saturday, March 11, 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!

Our member Terry Lord will be presenting a program on the Sami's of Norway. The Sami are the only indigenous people of [Scandinavia](#).

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

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



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

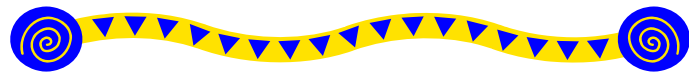
TUBFRIM



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. 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.

Minutes from our Lodge Meeting Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 2/11/17

- What a beautifully decorated room in celebration of Valentine's Day. Phebe, you have out done yourself and Thank You to all that helped put it together!
- It smells like cookies! Lots of cookies! (Cookies boxes are available for you to pack up your favorites to take home.)
- We started off our meeting with a warm Welcome from the President, and the Norwegian Table prayer. Then the race was on for lunch - Ham, potatoes, green salad, quiche & jello salad. Delicious.
- Our language lesson today was focused on Music, since that will be the subject matter of today's meeting.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Loyd Wilcox hosted today's presentation on Edvard Grieg – Norway's most noted composer & pianist.
 - o Edvard is widely considered one of the leading Romantic era composers and his music is part of the standard classical repertoire worldwide.
 - o Loyd provided handouts, and we listened to 3 pieces of his amazing music.
 - o Don't forget to apply for your music cultural pins.
- Flora shares here waffle recipe and demonstrates how to cook the waffles. We stuffed them with jam & whipped cream. Yummy. Don't forget, you can also apply for your cultural cooking pin by taking a picture of yourself and filling out the paperwork @ the Sons of Norway.
- **Today's announcements**
 - o Justin is working on his eagle project and will be hosting a pancake breakfast at the church tomorrow. Justin and his scout team will be creating a beautiful Labyrinth in the courtyard.
 - o Happy Birthday Valerie, Phil, Jeannie, & Ginnie.
 - o Valerie Sparr receives her pin.
 - o Welcome to our lodge Donnie Haigh, Ken Yliniemi, and the Culpepper family!
 - o Our next board meeting is planned for 3/4/17. If you have something you want the board to discuss, please let anyone of the board members know.
 - o Phil Knudsen had the coolest Viking ship birthday card given to him by his friends & neighbors. The card can be viewed at Poplifecards.com



- Teresa Broadhead won the 50/50 drawing and gracefully donated the winnings to our lunch basket. The lodge receives a total of \$35.
- Our next meeting is March 11th 2017.

Respectfully submitted: Terry Lord – Secretary

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A Bit of Humor:

Ole me Lars on the street one day and he was very sad.

*“Vat’s da matter, Ole?” asked Lars.
“Yew look so down-in-da-dumps?”*

*“Vell, Lars, I’m really feeling blue.
Yesterday I had tew shoot my dog!”*
answered Ole.

“Vas he mad?” asked Lars.

*“vell, he sure vasn’t very pleased about
it!” snapped Ole.*

*Lars was arrested for bank robbery. After a
long session in court, the jury finally
announced a verdict of not guilty.*

*“uff-da! Dat’s gud!” said Lars. “Does dat
mean I get tew keep da money?”*

**As Ole shook the pastor’s hand on
the way out of church one Sunday,
he asked, “Tell me, Reverend, is it a
sin for me tew play, golf on
Sundays?” “I’ve seen you at the golf
course, Ole, and it’s a sin for you to
play golf any day of the week!”
replied the pastor.**

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



March

4 – Board Meeting

11 – Lodge Meeting

12 – Daylight Savings Time Begins

17 – St. Patrick’s Day

April

8 – Lodge Meeting

16 – Easter

22 – Earth Day

This Month’s Birthdays. . . Gratulerer Med Dagen



5 – Jeanne Holt

8 – Sylvi Olsen

9 – Andrea Marchall

10 – Lyman Lokken

11 – Victoria Gammer

15 – Kirsten Loumeau

15 – Roselyn Scott

Are You Using Your Sons of Norway Benefits?

In addition to offering many ways to celebrate Norwegian culture, your Sons of Norway membership gives you access too many outstanding discounts. Whether you're looking to save money around town or around the world, Sons of Norway can help keep some of that money in your wallet.

1. **Perkspot** As a member, you have dozens of exciting discounts available to you daily through Perkspot. What is it? Perkspot is a service that collects deals from leading retailers from around the country and puts them all at your fingertips. For example, Sons of Norway members are eligible for a 15 percent discount on TurboTax products on Perkspot – just in time for tax season!

2. **Cost Saving Travel Discounts** Is a trip to Norway in your future? As a member, you're eligible for a five percent discount on packages through our friends at Borton Overseas and five percent off flights through Icelandair. Even if you're not traveling abroad, discounts on hotels such as Best Western or Carlson Hotels, or on car rentals through Avis will help offset the cost of travel this spring.

3. **Free Financial Review** you probably already know that Sons of Norway offers superb financial products, but how much do you know about them? As a member, you're eligible for a free financial review with your Financial Benefits Counselor to determine which financial products will provide you peace of mind and a sound financial future. To see a complete list of the benefits of being a Sons of Norway member, log on to sonsofnorway.com/member_benefits.



"Fueled by an atmospheric river that funneled a vast amount of moisture into Northern California, the severe winter storms that hit last month caused countywide damage. Perhaps the most prominent is the culvert failure and washout of Morton Road in Alta. The incident isolated 15 homes (and **Camp Norge**). An alternative access was established, however it traverses a steep, windy gravel road over private property," according to the Placer County newspaper. The picture to the left is where the road used to be, and you can see the depth of the washout. This was a major event!

In mid-February, the county expects to put out the bid to build a permanent bridge over the washout, and "hopes" to complete construction by the end of June 2017. They have \$3 million to complete the project. So----can we expect access to Camp Norge by the end of June? We don't really know and we won't know until the project is complete, to be completely honest and realistic.

As of now, we are cancelling all activities scheduled through the end of July, including Camp Trollfjell and Trollfjell Folkehøgskule. With this natural disaster occurring, there will be no revenue for Camp Norge during these months. Therefore, our Caretaker has graciously agreed to resign from his position and leave the Camp. Camp Norge will remain closed to any visitors, whether Sons of Norway members or not, until this road repair is completed.

The Recreation Center Board of Directors has met over this issue, and the Camps Trollfjell's Administrative Committee has had conversations. The Camp is financially prepared to be closed at this time. However, there are always ongoing expenses that must be met. Any Lodges or Sons of Norway members who wish to contribute to Camp Norge expenses are encouraged to do so. We will also be applying for a "Helping Hands to Members" Grant through the Sons of Norway Foundation to aid in this disaster.

Thank you all for your patience and understanding. We are looking forward to the opportunity to turn this "lemon into lemonade" and reopen later this year with great programs and activities, especially Hardanger Camp in August, Northern California Kretsstevne over Labor Day weekend and Rosemaling in October!! We'll keep you posted!

Fraternally, Mary Beth Ingvaldstad

This is from Herman Holt's bulletin at his service. I wanted to share it with you.

Herman Holt peacefully passed away on January 14 at home. He was born to Ole and Hilda Holt in Milnor, North Dakota, on September 30, 1924. He is survived by his wife, Jeanne of 65 years, sons Kevin and Mark, grandchildren Jessie(Bobby), Rebeca and Maise Holt, and great grandson Noah.

He served in the Air Force during WWII, flying 37 missions over Germany in B-17's and never losing a plane or crew member. He then attended Minnesota School of Business, before moving to California in 1950. He was employed by Southern California Water Company (now called Golden State Water) working a union position for 37 years.

He retired in 1987, but worked with the census bureau and volunteered with the Long Beach Water Department and the Long Beach Stroke Association for over 10 years.

Great News. . .

New Member:

Linda Dicken

3360 Magnolia Ave #275

Long Beach, CA 90806

(310) 970-2367

Transferring to our Lodge:

Roselyn Scott

1500 Mesa Verde Dr. E Unit

Costa Mesa, CA 92626

(657)245-3215

Fiskekaker (Norweigan 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



Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels. For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclers to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving. Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible. In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm. Currently there are also bicycle hotels in Norway's cities of Drammen, Gulslogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises.

Start riding! Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike. Reach out to your lodge sports director or Sons of Norway Headquarters at sportsmedals@sofn.com for more information

Tubfrim Winner Announced

Friday, Jan. 13, 2017, was a lucky day for Vennskap 1-554 in Canby, MN. Drawn from over 1000 other cards, the lodge was the winner of the Tubfrim drawing to give away an airline ticket to Norway, worth up to \$1,000. With each card representing one pound of collected stamps, Sons of Norway sent at least 1,084 pounds of stamps to Tubfrim in 2016. Vennskap contributed 21 pounds to that total. This past year, 70 lodges participated in the program, clipping 1,626,000 stamps. For over 30 years, Sons of Norway members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors. Originally, the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, the proceeds from the resale of stamps now helps to improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim's efforts, sending nearly 30 percent of all stamps collected. While helping children is a great motivation for members to participate, there is a special incentive to say "thank you." For every pound of stamps collected, the member or lodge can enter a drawing, held in mid-January every year, to win a round trip ticket to Norway, worth up to \$1,000. The official postcard to enter the drawing can be ordered from the Sons of Norway supply department, 800-945-8851 ext. 645 or supply@sofn.com. If you would like to participate in the Tubfrim contest and get a chance to win a free ticket to Norway, visit the Tubfrim page on the Sons of Norway website. For more information or questions, contact Sons of Norway Tubfrim Chairperson Mary Bennett at 608-837-8335 or mjbenn4@gmail.com.





**SONS OF
NORWAY**

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