

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 86 , 9 Issue

October, 2016

Ord Fra Presidenten...

It appeared that the members were enjoying getting together and mingle after the summer break.

We enjoyed the always good lunch and desserts.

Romina told us how she enjoyed learning Norwegian cooking and dancing at Camp Norge.

Troann, Cleone, and Phillip did presentations that did show how trips to Norway to meet relatives and see the nature, are great and memorable events.

I hope to see all of you at the next meetings, and I encourage visitors from the other Lodges to come to our meetings.

A reminder, the October meeting is Open House/ Heritage Fair.

Regards, Johan Olsen



SONS OF NORWAY

Our next meeting is on Saturday,
October 8, 2016 at 12:00 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!

It is time for our Norwegian Heritage Open House. It is exciting time each year to share our Norwegian Culture. This is a great event to invite friends and family to. There will be great food and displays of your culture.



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.

**2015
Officers**

President:	Johan Olsen	(714) 537-9646
Co-Vice President:	Phebe Fricioni	(562) 430-5092
Treasurer	Troann Loy	714-963-4830
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox	(562) 633-6752
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director	Sylvi Olsen	(714) 537-9646
Co-Cultural Dir.	Phillip Knudsen	(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
Marshall:	Johan Olsen	(714) 537-9646
Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Herman Holt	(562) 429-7638
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.

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 9/10/16

- **Welcome Back!**
- It was certainly great to see everyone after our summer break. As we set up for the meeting, we talked about the latest events and summer outings.
- Sylvi!!! We are so glad to see you after a 5 month recovery. You were certainly missed.
- The meeting was called to order and Johan opened with the Norwegian Table prayer, giving "Thanks" for the wonderful lunch we are about to receive. So many great items. (I think I need to try them all.)
- Pastas, salads, mac & cheese, meatloaf, chicken, quiche, and an array of desserts. We also had our traditional cheese, crackers, herring, & beets. We enjoyed each other's company while filling our bellies with this wonderful selection.
- Our voices rang out in tune for the Star Spangled Banner & Norwegian National Anthem. Then we crossed our hearts for the Pledge of Alliance.
- Romina was awarded a first level pin for her Cultural Skills Cooking class @ Camp Norge.
 - o Romina gave the Lodge members a big "Thank You" for sending her to camp this year. She really enjoyed it and hopes to return next year. Some of the things she did at camp were:
 - Rosemaling
 - Singing
 - Hiking
 - Meeting friends from last year
 - o And her most favorite thing was cooking. She made Rosettes, Kremkake, stick bread, & porridge. She loved the fact they got to eat them afterwards.
- Our language lesson today was focused on "Heritage Trip" words. Thank You Johan!
- Today's meeting will include presentations from folks that have visited Norway
 - o Troann Loy is first up to talk about her trip to Norway, along with her brother & niece after her niece's graduation.
 - o Next is Cleone, visiting Bergen for a cousin's reunion in 1996.
 - Kleiveland is in the region of Hordaland, Province of Osteroy, Norway.
 - Her family lived here and had 11 children. 3 of the 11 children came to Canada & the US.
 - o Next is Phil
 - Phil is from Tromso, Norway. This is the same place Johan & Sylvi are from.
 - Tromso is north of the arctic circle. You can see the Northern Lights and the Midnight Sun.
- **Today's announcements**
 - o Troann asks if we wouldn't mind returning unused copies of her Sons of Norway publication regarding the passing of her husband Richard Loy. She would like to share the unused copies with his family.
 - o Phebe mentions that the candies on the tables are from Colorado. Home of the Jolly Ranchers.
 - o Phebe said she will be going to the **Viking Days in Vista, Ca.** It will be held on 9/24 - 10-8, & 9/25 - 10-6. If anyone would like to join her, please give her a call.
 - o The Norwegian Seamen's Church in San Pedro will be celebrating their 90TH ANNIVERSARY.
 - o Phebe talked briefly about the Colorado Convention in Loveland. Teresa Brodhead went with Phebe and both had a great time.
 - The lodge received an award for a Founder's Certificate that increased memberships
 - 2 Silver certificates
 - 2 Merit awards
 - Troann rec'd one for editorship for her monthly Nansen News publication. Woo hoo!
 - o Phebe announces that we will be having an Open House in October.
 - Get the name of your local newspaper, so we can let everyone know to come to our wonderful event.
 - Look for Norwegian items at the Goodwill and other places for the Silent Auction. **Contact Fricioni_phebe@yahoo.com**
 - **Invite everyone you know. The Open House will start at 12:30. (Please come early to help.)**
 - **We will be serving meatballs, gravy, potatoes, cucumbers & desserts for a small donation.**
- Martha Green won the 50/50 drawing, having a pot of \$11.
- Our next meeting is October 8, 2016.
 - Respectfully submitted: Terry Lord - Secretary

A Bit of Humor:

- Ole and Sven are at a funeral. Suddenly it occurs to Ole that he doesn't remember the name of the dearly departed. Ole turns to Sven and asks: "Sven, could you remind me again who died?" Sven thinks for a moment and says, "I'm not sure," Sven points at the casket, "...but I think it was de guy in de box."

Ole went to the Sons of Norway Hall one night and finally won the door prize, which was a toilet brush. He was so excited that he won he brought it home and used it often. Someone asked him during the next meeting what the prize was and if he liked it or not. Ole replied, "Yea I like the toilet brush, but I think I'm gonna go back to using paper."

- Ole goes out one day to use the outhouse, and he finds Sven there. Sven has his wallet out, and he's throwing money down into the hole of the outhouse. Ole asks, "Uff da! Sven, watcha doin' there, fella? You're throwing the five dollar bill and the ten dollar bill down into the hole of the outhouse! Whatcha doin' that for?" Sven answers, "Well, when I pulled up my trousers I dropped a nickel down there—and I'm not going down into that mess for just a nickel!"

******We have a new website******

www.nansenlodgelongbeach.com

Check it out-we are still under construction as we make it better.

Tusen Takk to Roni Lion for all her work.

Kalendaren – Calendar



October

8 – Norwegian Heritage Open House

10 – Columbus Day

31 – Halloween

November

6 – Daylight Saving time Ends

8 – Election Day – VOTE

11 – Veterans Day

12 – Hardanger Fiddle player will be entertaining us.

24 – Thanksgiving Day

This Month's Birthdays. . . Gratulerer Med Dagen



October

1 – Darlene Letnes

3 – Kirsten Mortensen Roberts

10 – Judith Bohlen

22 – Perseus Pedroza

24 – Drossy Tuggle

24 – Martha Green

27 – Alexander Hamagishi

RECIPE FROM CLEONE - NORWEGIAN SWEET SOUP

½ lb prunes

½ lb dried apricots

1 c raisins

Soak the above overnight with half cup pearl tapioca (if minute tapioca is used, do not soak but add in the morning).

1 No. 2 can cherries or strawberries or raspberries

3 apples diced and pared

¾ c sugar

1 orange with peel, sliced

2 sticks cinnamon

2 tblsp vinegar or lemon juice

In the morning, add the above ingredients to the prunes, apricots and raisins and simmer slowly until flavors blend and tapioca is clear, about 1 hour.

Remove oranges and cinnamon sticks when done.

Serve warm or cool.

Serves 15



Unearthed Tomb Indicates Viking Gender Equality

A unique archeological discovery in southwest Denmark reveals stunning new insights about the social status and travels of Viking men and women. Initially unearthed in 2012 as part of an excavation for a highway, the site in Hårup is now known to be a Viking burial ground— complete with a wooden structure identified as a Viking dødehus, or death house. The graves within the dødehus belong to a man and woman of high social status and date to 950 A.D. A third grave, which appears to have been added to the main structure later on, belonged to a man. Laid to rest within a wagon—a known practice for Viking women of noble birth—the female Viking was buried with a pair of keys. As physical symbols of her status and power within the household, researchers believe the keys signify her importance within the family. In addition, archeologists were pleased to discover that one of the keys in her possession matches the lock to a rare small shrine in the dødehus. While other excavations in Denmark have yielded indications (grave gifts, lavish clothing) of the elite status that some Viking women may have held, this particular site boasts an important and unique distinction: The couple was buried in the tomb together. “It’s very special that the man and woman’s graves are marked by the same tomb or palisade. It’s unusual that we’re able to establish that the man and woman were equals with such certainty,” said excavation leader Kirsten Nelleman Nielsen in an interview with Science Nordic. In fact, Nielsen and her team believe the remains are likely those of a pair of rulers, and that the third grave may have belonged to their successor. In addition to the potential implications on Viking social status, researchers were also excited to discover that some of the items contained in the tomb point to international influences. The grave at Hårup containing Baltic ceramics and silver coins from what is now Afghanistan reinforce the far-reaching connections made by Viking men and women of the time.



The 50th Anniversary Give Together As you know, October is Foundation Month, an excellent time to give back to a part of the organization that gives so much. Giving to the Foundation means helping students pay for college, lodges engaging their communities and more. This year is an especially exciting one for the Foundation: its 50th anniversary! To celebrate this momentous occasion, the Foundation is challenging lodges to raise \$50,000 together to help secure a bright future for the next 50 years. In that spirit, here are a few simple tips ways you can raise money from your own home:

- ***Collect your spare change. You'd be amazed how quickly the spare change we accumulate can add to make a big difference.***
- ***Cash in your recyclables. Did you know some of the stuff you might have laying around your home can be worth big bucks? Printer cartridges and aluminum cans can raise much needed money for the Foundation.***
- ***Structure your Sons of Norway financial product. By designating the Foundation as a recipient on your financial product, you're maximizing your donation with minimal effort. Consult your Financial Benefits Counselor to find out how. Want to learn how you can make a difference for the Foundation? Corrie Knutson, Sons of Norway's foundation director is here to help! Contact her at (800) 945-8851 or foundation@sofn.com.***

District Six – 6th Annual Bunad Camp May 6 -9, 2017

To be held at Camp Norge,

250 Canyon Mine Road, Alta CA

Make your family Bunad. What a wonderful part of your Norwegian Heritage to share with all.

Registration for District 6 SofN members \$300. (In addition to Lodging and Materials) \$350. For Non-Members Ruth DeLattre at culturaldirector@sofn6.org

Young Norwegian women sought freedom in New York Emigration from Norway drew to an end in the period between world wars, but people from the Agder counties continued to seek their fortune all the way into the 1960s. Almost half of the emigrants were young, unmarried women. Siv Ringdal from the Institute for Cultural Studies and Oriental Languages at the University of Oslo has tracked down and interviewed 21 of them as part of her doctoral thesis. "For many it was an act of liberation. Many of them describe this as the best time of their life, even if it was a difficult transition. There was actually nobody who said that they did not enjoy it, Ringdal said to forskning.no. Two thirds live in the US Most of those who Ringdal interviewed were from 17 up to their early 20s when they left farms and towns of southern Norway for the worldly metropolis of New York. Today the women are between 70 and 90 years old. Ringdal has done fieldwork both in Norway and on the east coast of the USA where most of those who stayed, settled down. Seven of the women returned home upon marrying, while 14 remained in the States. Norwegian colony in Brooklyn Most of the young women who came over visited the Norwegian enclave in Brooklyn before finding a job as a maid there or in Manhattan. Many encountered a steep learning curve. They were thrown into work life and couldn't speak English in the beginning. But through their jobs they became acquainted with American culture. The women experienced this as liberating in many ways. They were used to food rationing in post-war Norway and came to New York with handsewn and mended clothing. Now they had gained independence and earned money to spend on what they wanted. Treasure chest of memories Although no one Ringdal interviewed had a bad time in the States, some of them moved back to the Old Country, anyway. It was an era of their lives that they view with nostalgia. They came home with huge loads of furniture and all of the comforts they could take with them. They had kept dresses, jewelry, and pictures of that time that they store in boxes and trunks. They also brought home recipes for American dishes that they had served while there. But for those who stayed in the U.S., their memories of Norway serve as mementos. "They have a more nostalgic view of the Norway that they left. They have the need to show that they still remember Norwegian recipes and served me meatballs and cream cake when I came to interview them," says Ringdal.

Sons of Norway 25th Annual Weekend Southern California Kretsstevne

Friday, Oct. 21 - Sunday, Oct. 23, 2016

SCK Banning Fall Weekend

Join us for the weekend or a day trip for a wonderful blend of Norwegian Heritage and fellowship. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation.



Banning Stagecoach KOA Campground & RV Park

1455 S. San Geronio Avenue, Banning, CA 92220

<http://koa.com/campgrounds/banning-stagecoach>

- Play Bingo Friday night and Bid on Silent Auction items Saturday
- Learn some Folk Dances. Enjoy Music, Singing, Heritage Crafts, and Camaraderie
- Cultural Food Demonstrations, Heritage DVD program/movie
 - Enjoy Saturday afternoon side-trip to Malki Indian Museum for their Fall Gathering

I. **** Lodging Options ****

Already reserved

Limited number of RVs (3) and Park Models (3) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch	\$160.00
RV – various sizes and accommodations, TBD	\$125.00
RV space, full hookups	\$ 85.00
Tent space	\$ 55.00

Please complete the registration form below and mail with your check made out to:

Southern California Kretsstevne. Mail by October 10 to:

Nancy Madson, SCK Registrar
28-351 Via Las Palmas
Thousand Palms, CA 92276

Home phone: (760) 343-0848
 e-mail: norsknm@earthlink.net



cut here and
mail

Phone () _____ E-mail _____ S

CK Registration Fee – all attendees _____ Adults @ 7.50 each/Family \$15.00 \$ _____

Includes commemorative Rosemaled Kretsstevne pin for adults

Fri. Night Lapskaus & Salad Dinner	_____ Adults @ \$8.00 each	_____ Children under 12 Free	\$ _____
Sat. Norwegian Vaffler Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Hot Dog in Lefse Lunch	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Sat. Tri-Tip Dinner	_____ Adults @ 12.50 each	_____ Children under 12 Free	\$ _____
Sun. Egg Bake Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
Lodging: Use pricing from above - Circle one			
Park Model	RV rental	RV space	tent space
			\$ _____

TOTAL AMOUNT, check written out to: Southern California Kretsstevne \$ _____

NORWEGIAN HERITAGE OPEN HOUSE

COME LEARN ABOUT NORWEGIAN HERITAGE, MEET
SOME FELLOW NORWEGIAN'S, ENJOY NORWEGIAN
FOOD and MUSIC.

THERE WILL BE RAFFLE ITEMS

JOIN US ON SATURDAY OCTOBER 8, 2016
AT 12:30PM TO 2:30PM

******We have a new website******

www.nansenlodgelongbeach.com

Check it out-we are still under construction as we make it better.

Tusen Takk to Roni Lion for all her work.



SONS OF
NORWAY

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