

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

# NANSEN NEWS



Volume 87 , Issue 8

October 2017

## *Ord Fra Presidenten...*

What a kick off we had at September meeting. Luella shared the story of finding more about her genealogy on her trip to Norway this year.

Now it is time to share our Norwegian Heritage at our Annual Open House, at our October meeting. Bring your Heritage items to share.

If you can come to the church on Friday to help set up for Saturday meeting let Phebe know.

INVITE ALL YOUR FRIENDS AND FAMILY;

There will be fun for everyone.

Let's have everyone show up and put our best foot forward. We are a great lodge and want everyone to know it.

Best Regards (Hilsen Best), Phebe

Proud of My  
**NORWEGIAN**  
Heritage



## SONS OF NORWAY

Our next meeting is on Saturday  
October 14, 2017 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!*

**October 14<sup>th</sup> Event is our annual**

**NORWEGIAN HERITAGE OPEN HOUSE**

**Experience the history, cultural,  
and food of Norway.**


**There will be something fun for  
every generation.**



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	

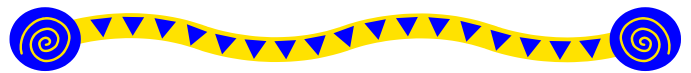


**TUBFRIM**

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

- **Welcome Back Friends, Family, & Visitors.** I hope you did something amazing and fun over the summer break.
- We started off our meeting with the Norwegian Table prayer led by Johan, then off to a wonderful Potluck. **Thank You All** for the nice array of salads, casseroles, potatoes, sausage, and desserts!
- We had a special guest joining us today – Chris Knox. Chris has been a close friend of Ginnie Wilcox for many years and is visiting from Grass Valley.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Our Language lesson by Johan was focused on the homestead.
- **Our guest speaker today is Luella Grangaard, our District Vice President.** Luella came in the Palm Desert to share her Genealogy Trail.
  - o Luella started her journey in Iowa (close to Decorah), then off to Norway.
  - o Her family farm is located between Oslo & Bergen in Gol. Determined to find the homestead, Luella and a travel companion walked thru the hills until the farm was in their sights. Great job!
  - o Then off to Bergen for the Hurtigruten voyage.
  - o You can start your journey by obtaining the forms from the SONS website. Start with Level 1 (1 set of grandparents); find out where they are from, and plan your next trip. ☺

#### Today's announcements

- Our next meeting is **October 14, 2017 which will be an Open House.**
  - o Bring all your display items (cards, pewter, sweaters, jewelry, etc.)
  - o We will have a Raffle, so bring your items you wish to raffle off.
  - o Try to bring 2 new faces.
- Loyd distributed the Lodge's Business Cards. They are great! **Thank You for all of your hard work.** The business cards can be used to invite new guests. Hand the new candidate a business card, and on another, write the candidate name & address/email on the back so we can send them a Newsletter. We know we have a GREAT lodge, so we are hoping to increase our member size.
- The June Convention will be held 6/10 thru 6/13 at Rohnert Park, just south of Santa Rosa, Calif.
- Happy Birthday's were announced. And Phebe brought each of you a flower pot to take home.

- Ginnie Wilcox announced the recipients of Anniversary pins.
  - o Troann Loy 10 years
  - o Others will be handed out in our next meeting. **Congratulations to All!**
- Phil announced the recipient of a Gold & Silver Biking pin
  - o Valerie Spaar **Congratulations!**
- The Peterson's graciously donated a laptop for the lodge. **THANK YOU Petersons!** Phil K (our IT guy) has gotten the laptop up & running, and even created instructions for our lodge to use.
- Tuftrim stamps are available for sale. Ginnie passed around a packet of what they may look like.
- The June Convention will be held 6/10 thru 6/13 at Rohnert Park, just south of Santa Rosa, Calif.
- Flag purchase
  - o Phebe presented Loyd's mock up of a new feather flag. The purchase price is about \$175. Phebe asked the lodge if we could use the lodges' portion of the 50/50 funds towards the purchase.
  - o Flora motioned; and Ginnie 2<sup>nd</sup>.
  - o Troann will front the funds and as the 50/50 \$ is received, it will be applied to what we owe Troann.
- Troann won the 50/50 drawing, The total amount was \$38. **Luella also graciously donated \$20 towards our flag purchase. Wow!**
- Troann closed the meeting with the following message "**May Peace & Harmony Prevail in the Lodge**".

Respectfully submitted: Terry Lord – Secretary



**LIEF  
ERIKSON  
DAY  
OCTOBER  
9, 2017**

**Viking  
Explorer of  
the New  
World.**

## ***A Bit of Humor:***

Two Norwegians from Minnesota went fishing in Canada and returned with only one fish. 'The way I figger it, dat fish cost us \$400' said the first Norwegian.

'Vell,' said the other one, 'At dat price it's a good ting ve didn't catch any more.'

Ole and Sven were drinking buddies who worked as aircraft mechanics in Minneapolis and one day the airport was fogged in and they were stuck in the hangar with nothing to do. Ole said, "I vish ve had somethin ta drink!" Sven says, "Me too. Y'know, I hear ya can drink dat jet fuel and get a buzz. Ya vanna try it?" So they pour themselves a couple of glasses of high octane hooch and got completely smashed. Next morning Ole woke up and is surprised at how good he feels. In fact he feels GREAT! NO hangover! NO bad side effects. Nothing! The phone rang. It was Sven who asks "How iss you feelin dis mornin?" Ole says, "I feel great. How bout you?" Sven says, "I feel great, too. Ya don't have no hangover?" Ole says, "No dat jet fuel iss great stuff -- no hangover, nothin. Ve oughta do dis more often." Sven agreed. "Yeah, vell, but dere's jüst vun ting." Ole asked, "Vat's dat?" Sven questioned, "Haff you farted yet?" Ole stopped to think. "No "

"Vell, DON'T, 'cause I'm in Iowa

[www.nansenlodgelongbeach.com](http://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***



### OCTOBER

- 9 – Lief Erickson Day
- 9 – Columbus Day
- 14 – Heritage Open House
- 31 – Halloween

## ***This Month's Birthdays. . . Gratulerer Med Dagen***



### OCTOBER

- 1 – Darlene Letnes
- 3 – Kirsten M. Roberts
- 9 – Lief Erickson Day
- 10 – Fridtjof Nansen 156<sup>th</sup> birthday**
- 10 – Judith Bohien
- 22 – Perseus Pedroza
- 24 – Martha Green
- 24 – Drossy Tuggle
- 27 – Alexander Hanagishi

**Greetings Camp Trollfjell and Trollfjell Folkehøgskule students,**

The bridge is in place, Camp Norge is open and planning for Camp Trollfjell and Trollfjell Folkehøgskule summer 2018 secession are underway.

Trollfjell Folkehøgskule will be June 24 through July 7, 2018 for students 14 to 17 years old.

Camp Trollfjell will be July 8 through July 21, 2018 for campers 8 to 13 years old, plus this year only 14-year olds can attend (see below).

Camper and student registration will open January 1, 2018 on the Norske Arv Programmer website (<http://sofn6.org/arv/>). We will send you a reminder then. Application for CITs and Staff will open at the same time.

Because we know that graduating from Camp Trollfjell is an important right of passage for our Campers we do not want the Camp closure of 2017 to deny this important event to Campers who would have been 13 in the Summer of 2017. So we will allow these Campers, who will be 14 in the Summer of 2018 to attend Camp Trollfjell. They can choose to attend Trollfjell Folkehøgskule if they wish.

Regards,

Language and Heratige Camp Administrative Committee

**Pumpkin and Beef Casserole  
Adapted from [www.apéritif.no](http://www.apéritif.no)**

- **2 lbs trimmed tender beef, diced**
- **4 shallots, roughly chopped**
- **2 large garlic cloves, minced**
- **3 tbsp olive oil**
- **2 plum tomatoes, chopped**
- **1 green bell pepper, cubed**
- **1 tbsp salt**
- **½ tsp ground pepper**
- **1 tsp tabasco**
- **1 tsp sugar**
- **12 dried apricots, cubed**
- **3 large potatoes, peeled and cubed**
- **2 cups white wine**
- **3 cups beef stock, water or broth**
- **3 large sweet potatoes, peeled and cubed**
- **1 medium sized pumpkin (about 7¾ lbs)**
- **¼ cup melted butter**
- **½ cup fino sherry**
- **2 fresh cobs of corn**
- **fresh coriander**

**Heat oil in a large frying pan and brown beef. Add onion and garlic and saute until soft. Add remaining ingredients and bring to boil. Cover and simmer for 45 minutes. Bring lightly salted water to a boil. Add corn and boil for 4 minutes. Remove from water and allow to cool. Cut kernels from the cob and set aside. Remove the top of the pumpkin, creating an 8" or 9" opening. Remove strands and seeds. Brush the inside of the pumpkin with melted butter. Place pumpkin in a baking dish. Add sherry and corn to the heated meat mixture and pour into the pumpkin. Replace the pumpkin top and place in the oven on the lowest rack at 350° F. Bake for 1 hour. Serve directly from the pumpkin and include the tender flesh of the pumpkin.**



## **New Conveniences for Members Come with Dues Structure Changes**

Here are a few items that are part of the changes coming with the simplified dues structure, beginning Jan. 1, 2018.

### **Automatic monthly withdrawal available**

– Effective with their 2018 dues renewal, members in U.S. lodges will have the option to pay their dues by automatic monthly withdrawal from their U.S. bank account. Annual payment of dues by check or credit card will continue to be available.

**Local currency applies** – No more confusion about adjusting dues based on the exchange rate for Canadian and Norwegian memberships. Beginning January 1, International dues for Canadian and Norwegian memberships are based on the local currency (Canadian dollars or Norwegian kroner), and hence will no longer be subject to exchange rate fluctuations. (Dues paid by credit card from a non-U.S. bank may be subject to an exchange rate and/or service fee set by the bank and/or credit card processor.)

**Dues more easily explained to potential members** – The new dues structure is simplified to maintain consistency throughout the U.S., making it easier for lodges to sign up new members and to discuss the dues with others outside of their lodges and districts.

**Have questions on the above? Send an email to Sons of Norway**  
**2018dues@sofn.com, and staff will provide timely answers.**



## **Norway Embraces Rainforest Conservation**

Earlier this year, the Norwegian Parliament officially guaranteed that the government's public procurement policy will be deforestation-free. In a nutshell, this means that the Norwegian Government will no longer buy products linked with tropical deforestation or sign contracts with companies that destroy forests. Forests and trees cover 31 percent of the earth's land, and are vital to human and animal existence. Every second of the day they produce oxygen and remove carbon dioxide from the atmosphere, essentially making up our planet's lungs. Without them, survival is nearly impossible. Norway funds forest conservation projects worldwide and has continued to support human rights programs for forest communities for years. With its commitment to a zero deforestation policy, Norway stays true to its strong stance on supporting causes that protect the environment.



# Sons of Norway 25th Annual Weekend Southern California Kretsstevne

## Friday, Oct. 20 - Sunday, Oct. 22, 2017

### 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
- Enjoy Music, Singing, Heritage Crafts, and Camaraderie
- Cultural Food Demonstrations, Heritage DVD movie, and/or games
- Enjoy Saturday afternoon side-trip to Idyllwild winery or shopping

#### 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](mailto:norsknm@earthlink.net)

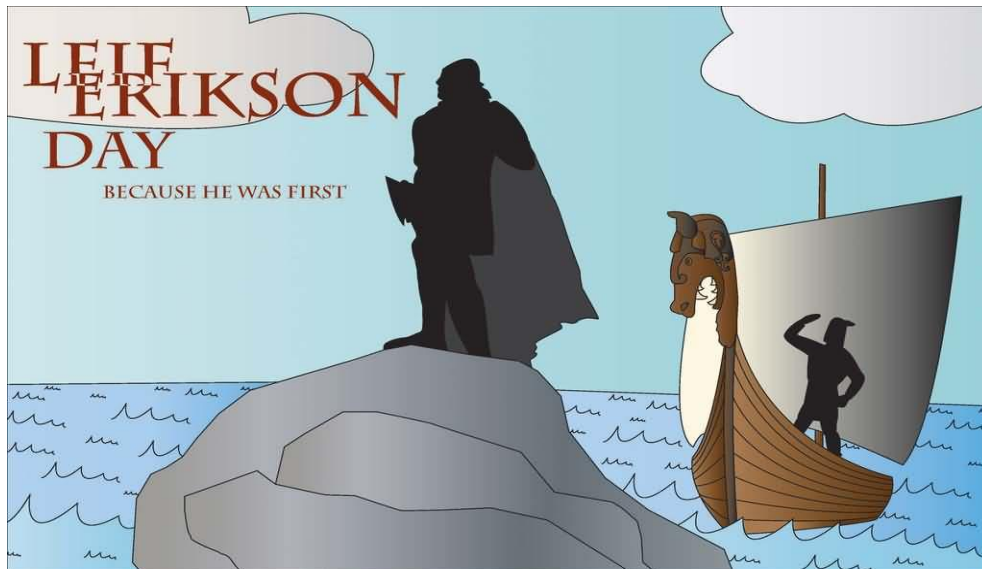
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**Phone** ( ) \_\_\_\_\_ **E-mail** \_\_\_\_\_

SCK Registration Fee – all attendees _____ Adults @ 7.50 each/Family \$15.00	\$ _____
Includes commemorative Rosemaled Kretsstevne pin for adults	
Fri. Night Lapskaus 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. Fish 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 \$ \_\_\_\_\_





**SONS OF  
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

[www.nansenlodgelongbeach.com](http://www.nansenlodgelongbeach.com)

www.sofn6.com

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