

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

# NANSEN NEWS



Volume 87 , Issue 7

September 2017

## *Ord Fra Presidenten...*

Hope everyone enjoyed their summer. . .

Hope you are ready for some great programs for the rest of the year.

**Look at our new meeting time it is 12:00pm now.**

At our September meeting our District Vice President Louella will share her May Norwegian trip and her search for her family roots with us.

Christ Lutheran Church has asked us to participate in their "Rally Sunday" on September 10. We will be sharing information about our Lodge. I will have more info at the Lodge meeting to share with you.

Our October meeting will be our Heritage Open House. Let me know any Norwegian items you can bring to enhance this day and/or Norwegian food.

Your Board is recommending we buy an outdoor parkway advertising flag, pictured below. We will vote on it. Med vennlig hilsen, Phebe



## SONS OF NORWAY

Our next meeting is on Saturday, September 9, 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!*

**Potluck Luncheon:**

**Please bring one of your favorite dishes by your last name:**

**A to H - Dessert, I to P- Salad,**

**Q to Z- Main Dish**



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.

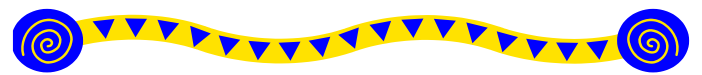
Phone: (818) 986 -7199  
Cell: (818)667-6627  
Fax: (818) 905-5785

**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

## Meeting 6/10/17

- Welcome Friends, Family, & Visitors. **Wow!** We have some special guests joining us today:
  - o Mary Beth & Carl Ingvaldstad – District Six President & Counselor (Mary Beth & Carl drove from north of Sacramento to be here today).
  - o Luella Grangaard – District Six Vice President (Luella drove from Palm Desert to be here today).
  - o Teresa Broadhead – District Six Zone Director
  - o Nancy Madson – District Six Secretary
  - o Steven & Caronne Van Nyhuis – Temecula’s Vinland Lodge members
  - o Devon Duffy, Shari Albrecht, & Auntie Joyce
  - o Today’s attendance was the largest so far this year!
- We started off our meeting with the Norwegian Table prayer, then off to the tasty treats. **Thank You All** for bringing the Potluck lunch today. The fiddles were Delicious!
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- Mary Beth hosted today’s presentation with her **famous “Trunk Show”**.
  - o Some great books to read about the Norwegian migration to America are “Norway to America”, “Migrating to America” or “From America to Norway”. The last book shares stories that were written by Norwegians in America to family in Norway.
  - o We watched the film - American Fever – that talks of migration travel preparations, family separation, and the desire for new beginnings.
  - o Mary Beth also shared special Treasures from her family history like clothing, shoes, irons, tools, photos, and more.  
**What a treat!**
- Luella shared how “awesome” her Hurtigruten cruise through Norway was. Can’t wait to see her pictures.
- Ginnie Wilcox announced the winners of Anniversary pins.  
**Congratulations to All!**
  - o Lyman Lokken 45 years
  - o Erin Flair 45 years.
  - o Roselyn Scott 10 years
  - o Barbara Shepard 10 years
  - o Troann Loy 10 years

### Today’s announcements

- Happy Birthday Patricia Lampe, & Truman Risa
- Loyd distributed a “mock up” of our Lodge’s Business Card design. Feedback is most welcome.
- Luella Grangaard won the 50/50 drawing, and gracefully donated the winnings back to our lodge. The total amount was \$59.
- Our next meeting is September 9, 2017.
- Carl closed the meeting with the “message to the lodge”.

Respectfully submitted: Terry Lord – Secretary

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**Artful Gifts for the Queen Tuesday, July 4, 2017,** was a busy day of celebration. Americans celebrated the country’s Independence Day, and Canadians celebrated the 150th Anniversary of Canada’s new federation. In Norway, the festivities for the royal family and all of Norway centered on Her Majesty Queen Sonja’s 80th birthday. The queen was delighted with visitors and gifts throughout the day, including a statue of the queen inside the Palace Park unveiled by her grandchildren. A gift from the Norwegian Trekking Association (DNT), the statue depicts the queen resting on a rock in her hiking clothes—a representation of her deep love for hiking and the great outdoors. The queen then officially opened the “Queen Sonja’s Art Stable.” Now an arena for art, culture and history, the gift from King Harald was once a stable for the royal horses until 1940. The opening exhibition includes an installation of Queen Maud’s photographs and a fine collection of Norwegian graphic prints – 164 pieces in total. Like Queen Sonja, Queen Maud (King Harald’s grandmother) was a dedicated photographer and art enthusiast. Many of the prints were donated by Norwegian artists as birthday gifts for the queen, and the photo installation of was a gift from the Norwegian Government. To conclude the birthday celebrations, Queen Sonja held a picnic for all inside the Queen’s Park. In order to find their seats, guests participated in a fun, kid-friendly scavenger hunt and were treated to a delicious meal.

## *A Bit of Humor:*

Sven and Ole were building a house. Sven was holding a board and Ole was sawing it. All of a sudden, the saw slipped and cut off one of Sven's ears.

They both were digging through the sawdust to find it, and Ole picked up an ear.

Ole says, "Is this it? Sven says, "Naw, mine had a pencil behind it."

## *Kalendaren – Calendar*



### September

4 – Labor Day

9 – Lodge Meeting

10 – Church event

22 – First Day of the Fall

### October

14 – Lodge Meeting

31 - Halloween

\*Note from your Editor:

This newsletter has items in it that I forgot to add at the time to other newsletters. Forgive me; but enjoy.

Congratulations to Valerie Spaar for getting her sports medals:

- 1.) Sykkelmerke 220 – Biking
- 2.) Gangmerke 60 Miles - walking

[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.

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



### August

15 – Romina Solberg

19 – Terry Lord

### September

24 – Linda Dicken

28 – Troann Loy

Perfect attendance certificates  
Sept.2016 to June.2017 for Loyd &  
Ginnie Wilcox.

**Norwegian Apple Pie (Eplepai) The Great Scandinavian Baking Book by Beatrice Ojakangas**

Makes one 9-inch pie Although this is called a "pie" in Norway, we would think of it as a cake. Incredibly simple to make, it's a perfect last-minute dessert when fresh apples are in season. • 1 egg • ¾ cup sugar • 1 teaspoon vanilla extract • 1 teaspoon baking powder • ¼ teaspoon salt • 1 teaspoon cinnamon • ½ cup all-purpose flour • ½ cup chopped almonds • 3 medium-sized tart apples, pared, cored and diced Topping • 1 cup whipping cream • 2 tablespoons powdered sugar Preheat oven to 350°F. Butter a 9-inch pie pan generously. Stir all the pie ingredients together in a bowl until blended. Mixture will be stiff. Spoon into the pie pan. Bake 30 minutes or until



Relax with a Norwegian Movie this Summer – at a Hefty Discount Through a special arrangement with Films of Norway, Sons of Norway members\* now have access to a selection of television shows, full length movies, documentaries, cooking shows, children's programming and other content streamed over the Internet – at 25 percent off the regular monthly subscription rate. All Films of Norway selections are either Norwegian created, produced or star Norwegian actors. Your movie playlist may include the film celebrating the King and Queen's 25-year reign or adaptations of popular mystery writers. Most selections have the option to view with English subtitles. And new films and programs are added regularly. For example, in collaboration with Norwegian broadcaster NRK, all Films of Norway members may now access timely Norwegian news. Log in, sign up, and enjoy some leisurely viewing this summer with Films of Norway! \*This service and discount are not yet available for members in Norway and Canada.

[https://www.sofn.com/films\\_of\\_norway/](https://www.sofn.com/films_of_norway/)

**Simplified Dues Structure for 2018**

**Sons of Norway International delegates voted at the 2014 and 2016 International Lodge Meetings to proceed with a simplified dues structure for U.S. members only, effective Jan. 1, 2018. Work toward implementation is well underway, with updates to member categories, dues information and frequently asked questions to be posted soon in the Member Resources section at [www.sonsofnorway.com](http://www.sonsofnorway.com). To learn more, be sure to log in over the coming weeks.**

We lost 2 dear long time members of our Lodge this past year . . .

**Herman Holt**



Herman Holt passed away on January 14<sup>th</sup>. Born on September 30<sup>th</sup> 1924 in Milnor, North Dakota. He is survived by his wife, Jeanne of 65 years, 2 sons, 3 Grandchildren and 1 great grandson. He served in the Army Air Forces during WWII flying 35 missions over German in various positions for 27 years before retiring in 1987 and volunteered with the L.B. Water Dept. The L.B. Stroke Association for 10 years. He was a member of the Sons of Norway for over 30 years. He was treasurer of the Fridtjof Nansen Lodge for 17 years and Trustee.

**Dagny Ronning**



Dee was born December 14, 1917 on a farm near New England North Dakota. She passed away on April 21, 2017. She was the fourth of seven children. At 99 she is the last of the siblings to pass away. Dee worked for the Pacific Bell telephone company for 39 years. She was also one of the longest active members of the Sons of Norway – Fridtjof Nansen Lodge she joined in 1946. At the time of her death she was living near relatives in the Visalia/Tulare area.



Marina High's launching of their Viking Ship – The Valhalla

May 17<sup>th</sup> Celebration



Our Niesse at Christmas.



SONS OF NORWAY  
Fridtjof Nansen Lodge 6-009

2<sup>nd</sup> Saturday (Sept-June) – 12 NOON Luncheon/Program  
*Nordic Food, Culture, Ancestry and Fellowship*

CHRIST LUTHERAN CHURCH  
6500 STEARNS ST. (EAST OF PALO VERDE), LONG BEACH, CA

FIND YOUR “VIKING” ROOTS” --- VISIT US!

SofN Website  
[WWW.SOFN.COM](http://WWW.SOFN.COM)

Fridtjof Nansen Lodge  
[WWW.NANSENLODGE.LONGBEACH.COM](http://WWW.NANSENLODGE.LONGBEACH.COM)



## September 9, 2017

**Please join us for an informative Lodge Meeting.**

**Luella Grangaard will be sharing her recent trip to Norway and her journey to find her roots.**

*We will be furnishing a lunch, with a Norwegian language lesson, great fellowship and fun. See you there!*

## October 14, 2017

### Annual Viking Heritage Open House

***Experience the history, cultural, and food of Norway. There will be something fun for every generation.***

**Vendors needed please call Phebe (562) 430-5092**



Welcome Back

Lodge Meeting are back on the 2<sup>nd</sup> Saturday of every month at our new time 12:00 pm.

Join us

Saturday September 9, 2017 program by Luella Grangaard.

Saturday October 9, 2017 – our Heritage Open House – open to everyone

Saturday November 11, 2017 – Members to share about their trips to Norway

Saturday December 9, 2017 – Lodge Christmas Party



Fridtjof Nansen #6-009 Long Beach, CA

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

[www.sofn6.com](http://www.sofn6.com)

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