

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 86 , 8 Issue

September, 2016

### *Ord Fra Presidenten...*

The 86th Anniversary and last meeting before the summer vacation was started with a variety of delicious main dishes and desserts provided by several members. Great members providing great food. We are the best, thank you members.

Announcements, bottles of sparkling grape, handing out of Anniversary pins and a cultural skills award, led to Phillip's still shots and video of the launching of Valhalla, the Viking ship sponsored partly by our Lodge. Romina is again going to attend the summer Camp and Phebe will be representing our Lodge at the Colorado convention.

Following the summer break, I am looking forward to Norwegian tunes played on a Hardanger Fele, an Open House meeting, information on a variety of highlights in Norway, and last but not least, the Christmas party rounding off the year.

And I am again inviting members of other Lodges in the area to visit our meetings and take part in our delicious lunch, presentations highlighting Norwegian culture and other subjects, an enjoyable language class, and overall informative fun. Regards, Jon Olsen



## SONS OF NORWAY

Our next meeting is on Saturday,  
September 10, 2016 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!*

\*\*\*\*\*

*Travel in the Norwegian Cities of  
Bergen, Oslo, Tromso; members will be  
sharing their trip with you.*

*It will be a potluck bring a good dish to  
share.*

**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.

**2015  
Officers**

President:	John 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:	Phebe Fricioni	(562) 430-5092
	Cleone Hatwan	(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	(714) 537-9646
	Jeanne Paige	(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	

**TUBFRIM**

Would you like a chance to go to Norway? Save and trim your canceled stamps, get a pound together, bring them to the Lodge meetings. For every 1' bag we will send a **Tubfrim Drawing Postcard** to SON!

You may be the lucky winner. Ask your friends, neighbors, doctors' secretary's to save the "right end" of their return envelope for you to clip. Or you can ask for the torn off stamps and clip them to ¼ inch or more. Bag the stamps – we will weigh and get them sent to Norway for you.

All 1' Postcards must be in by December 10. Drawing will be held January 5, 2017. Good luck!

Tubfrim Committee

***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.**



***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

- **HAPPY 86<sup>th</sup> ANNIVERSARY** to Fridtjof Nansen!
- Johan opened today's meeting with the Norwegian Table prayer, giving "Thanks" for the wonderful lunch we are about to receive. To mention a few menu items:
  - Salmon, potatoes, & brussel sprouts provided by the Wilcox's. Salmon cakes by Phebe, and Norwegian Sweet soup by Cleone. We also had salads and an array of desserts (including Cloudberry jam). Our lunches are great, and so are the folks that provide them!

Our voices rang out in tune while singing the Star Spangled Banner & Norwegian National Anthem. Then our hands crossed our hearts for the Pledge of Alliance.

Today's announcements

- Troann gave us the sad news of the passing of her husband Richard Loy.
  - Richard passed away on his 69<sup>th</sup> birthday
  - Troann & Richard enjoyed 26 years of marriage, so she is certain that Richard is making the Lord laugh as he did with her
  - Richard's Memorial Service is 6/18/16 at the Lutheran Church of the Master in Corona Del Mar
  - We held a "moment of silence" in respect for Richard
- Happy 86<sup>th</sup> Anniversary
  - Phebe "Thanked" all the officers, and bottles of Sparkling Red Grape was distributed as a celebration
  - Several Anniversary pins were handed out
    - 5 years
      - Ronnie & Jessica Lyon
    - 30 years – and Golden members
      - Herman & Jeanne Holt
        - Herman enjoys our luncheons
        - Jeanne mentioned they joined with 5 other folks and have had some wonderful years together
      - Cleone Hatwan
        - Cleone loves the people here at the lodge
    - Cultural Skills award was given to Ginnie Wilcox for her 3 levels of stamp collecting

Phil presented his movie clip & pictures of the Marina Viking ship launch.

- The opening ceremony was hosted by Marina's principal and held Friday 5/20/16 @ 3:30 at Sunset Aquatics in Huntington Harbor. (Note to self: Marina's principal looks like a student.) 😊
  - Quite a few folks attended the launch.
  - The Valhalla was christened by Marina's principal
  - Bob Meade "Thanked" many organizations & supporters. Of course, the Sons was named.
    - Bob also mentions the ship will provide team building skills for the students now & in the future
- If you ordered a T-shirt for the Valhalla, Terry is still holding on to a couple of them.
- Johan mentions that he is working on the Viking shield (that was given to us by Bob Meade) with hopes of having it completed by the 4<sup>th</sup> of July parade. Can't wait to see it.

Romina continues to sell candy to raise \$ for camp.

Teresa Broadhead made an offer to take any "folk art" to the district or international meetings as she will be attending them.

Loyd suggested that it would nice to send a picture of the lodge standing with Valhalla to headquarters.

Troann mentions that Phebe will be representing our lodge at the Colorado convention and Teresa Broadhead will go as zone director.

Solbakken has a picnic on the 9<sup>th</sup> of July @ Cottonwood Park (Los Alamitos). The festivities start @ 11 am. A Potluck menu will be served, so bring your favorite dish.

Terry won the 50/50 drawing and donated the winnings to the lodge. The Lodge received \$23.00.

Herman Holt closed today's meeting with these wise words "May peace & harmony be with you all".

Our next meeting is September 10, 2016. Enjoy your summer!

Respectfully submitted: Terry Lord – Secretary

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

Grandpa Ole says you know you are getting old when the happy hour is a nap!

\*\*\*\*

Lars does not like to go to weddings and he attends very few. Finally, his good wife, Hilda, insisted that he attend a wedding with her. As they entered the church, an usher asked, "Are you on the groom's side or the brides?"

Before Hilda could reply, Lars exclaimed in a shocked tone, "Uff-da! Are dey fighting already?"

\*\*\*\*

The teacher asked her class members to give an example of a coincidence. There was a long pause.

Finally, Little Lena raised her hand. "My Mama and my Papa vere married on da same day, teacher?" she exclaimed.

\*\*\*\*\*

"Why did God create Adam first?" Lena asked the young pastor,

"Just to give him a chance to say something," he replied.

\*\*\*\*\****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***



September . . .

5 – Labor Day

Travel in the Norwegian Cities of Bergen, Oslo, Tromso

10 – Lodge Meeting

October . . .

8 – Lodge Meeting

DISCOVERY OF NORWEGIAN CULTURE-  
OPEN HOUSE

10 – Columbus Day

31 - Halloween

## ***This Month's Birthdays. . .***

### ***Gratulerer Med Dagen***



## ***September***

***2 – Joan Dirksen***

***28 – Troann Loy***

***29 – Herman Holt***



**Are You Set for the Recruitment Challenge?** Is your lodge set to end the year on a high note? Now through the end of the year is Sons of Norway's busiest recruitment season, and you can make it one for the record books. The 2016 Recruitment Challenge is a yearlong contest aimed at finding the lodges with the highest growth. This isn't your typical recruitment contest, though. Your lodge's ability to keep members is just as important as recruiting new ones, because we're tracking net growth. With your help, your lodge can capture the title of Sons of Norway's top Large or Small lodge for 2016. On top of that, your hard work can help the lodge secure an extra \$250! Imagine the difference that can make at your next Syttende Mai party, picnic or other event. To get you started, here are few tips to help your lodge claim the prize: 1. Recruit for your lodge. With the holidays quickly approaching there are plenty of opportunities to share the joys of Sons of Norway membership. Whether it means bringing a friend to your lodge's Christmas party or purchasing a gift membership for a sibling, you're helping bring new faces into your lodge. 2. Help your lodge's retention rate. Reaching out to a fellow member you haven't seen at a meeting or event is a simple way to help out. Not only will this increase the connection between your fellow members and your lodge, but it'll improve your lodge retention, too. This can bring your lodge one step closer to winning! 3. Go for the bonus points. For every 24-55 year old member recruited, your lodge earns a bonus point. Keep that in mind as you look for potential new members! For a complete listing of rules for the Recruitment Challenge log onto [www.sonsofnorway.com/challenge](http://www.sonsofnorway.com/challenge). For questions or ideas, contact Joe Eggers, membership coordinator at [membership@sofn.com](mailto:membership@sofn.com).

## WE WANT TO CLEAN OUT OUR STORAGE UNIT.

If you are interested in any items contact John Olsen. Old centerpieces, silverware, silver plated tea pot, books, Santa suit, big gold Viking statue and more.

## Dramatic changes mark Norway's mountain landscape.

Today's picture of Norway's mountain cultural landscape is actually an idealized image of how the scenery looked roughly 50 years ago. That was when today's adults went to the mountains as children with their parents and grandparents. A research project on which biologists, paleoecologists, archaeologists and historians have collaborated, shows how mistaken we are when we think of the mountain scenery as unchanging. No such thing as real mountain landscape The main message from the scientists behind this pioneering Norwegian research is that there is no such thing as authentic landscape in the mountains. The mountain landscape is constantly being changed by humans. Today when the mountains are affected by extensive overgrowth, it is probably in part because of climate changes. Paleoecology tells about the past Per Sjøgren is a paleoecologist whose research involves examining pollen from the past (paleo). Because pollen can be well-preserved in peat bogs, this research method opens great opportunities. Pollen samples from peat can tell us what the mountain landscape looked like back in the Ice Age. When the paleoecologist takes pollen samples from down into the peat at several different places in the mountains, it is possible to say with reasonable accuracy how much the trees and plants grew at this location in the past. When historical and archaeological knowledge about the same place is added, it is an interdisciplinary research project that can reveal new knowledge. Surprising research findings The researchers behind this study have found several parallel developments, which probably surprise many. Findings reveal that • The overgrowth of mountain scenery is largely a return to a state that the mountains have been in before. • The reduced use of hayfields in mountain landscape has meant that we have been able to let more sheep loose in the mountains. • Overall, there are probably more animals in parts of the Norwegian mountains today there have been previously, increasing to new high levels what scientists call "grazing pressure."

## HELP THE DRAKEN COMPLETE ITS VOYAGE

It is Friday morning, July 29 and almost \$85,000 has been donated to help the Draken complete its voyage to Duluth. We must raise \$430,000!

As of yesterday noon, 1,159 had donated, either online or by sending a check. Here are some interesting numbers:

159 identified themselves as Sons of Norway members  
728 identified themselves as not Sons of Norway members  
272 did not identify themselves as either

Please join me and other Sons of Norway members by either donating or donating AND becoming a fundraiser!

Go to [www.sofn.com/draken](http://www.sofn.com/draken) and click on donate. If you become a fundraiser, you can multiply your donation by inviting others to join you, such as I have done.

Also, as you scroll down the page, you will find media stories about Draken's voyage and how Sons of Norway is making it possible for it to complete its journey.

Let's support our Foundation and carry out our mission to promote the heritage and culture of Norway! Ask Lodge Presidents to send to their members. Encourage Lodges to become a Team! We can do it - together!

Thank you in advance,

Jon Tehven  
International President  
Sons of Norway

### *Vanilla Cheesecake with Lingonberries and Cardamom Whipped Cream adapted from <http://alittlezaftig.com>*

- 2 lbs cream cheese (room temp.)
- ½ cup unsalted butter (room temp.)
- 1 tbsp vanilla extract
- 1½ cup sugar
- ½ cup less 1 tbsp cornstarch
- 7 large eggs
- 2 cups heavy cream
- ¼ cup lemon juice *Berry Topping*
- 1 cup fresh lingonberries
- ¼ cup sugar *Cardamom Cream*
- 2 cups heavy cream
- ¼ cup sugar
- 1 tbsp vanilla extract
- 1 tsp freshly ground cardamom seeds

*Move rack to upper 1/3 position and preheat oven to 350°F. Beat cream cheese and butter with electric mixer until smooth. Add sugar, vanilla and cornstarch and beat well. One at a time add the eggs, beating between each addition. With the mixer set to low, gradually add the cream and lemon juice. Pour into a buttered 9x13 pan. Place pan in a bain marie (directions below) and bake for 30 minutes. After 30 minutes, increase oven temperature to 375°F and rotate cheesecake 180 degrees in the oven. Bake for additional 15 minutes or until the top is a golden brown. Allow cheesecake to cool to room temperature. Carefully run a knife around the edge of the pan to release the cake and invert onto a serving tray. To prepare the topping, sprinkle lingonberries with sugar and stir until sugar dissolves. Allow to rest for 30 minutes. Whip cream, sugar, vanilla and cardamom seeds with electric mixer. Spoon berries and cardamom cream onto each piece of cake and serve.*

*(To make a bain marie, fill a pan one size larger than your 9x13 cake pan with boiling water. Do not fill more than 1/3 of the pan. Slowly lower your cake pan into the pan of boiling water, covering the sides of the cheesecake pan half of the way. Add or remove water to reach correct level and place both pans in the oven.)*

# 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

\*\*\*\* 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)

cut here and mail

**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 & 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 \$ \_\_\_\_\_

Lodging: Use pricing from above - Circle one Park Model RV rental RV space tent  
 space \$ \_\_\_\_\_

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



# HAPPY LABOR DAY



Artist



Doctor



Nurse



Mechanic



Farmer



Reporter

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

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

Fridtjof Nansen #6-009 Long Beach, CA

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

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