

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 88 , 3 Issue

March 2018

Ord Fra Presidenten...

As I am writing this the Olympics are half over and the Norwegian and the Americans are doing well. Yea, to my 2 favorite countries.

Thank you so much to Phillip Knudsen for our February program about the Olympics and how to navigate it on the internet.

Congratulations to our member Valerie Spaar she has gotten another cultural skill pin in Sports. You go girl, we are so proud of you!

We have some great programs coming up, you will not want to miss.

March - we will have Judy Immel present Rune letters. – Potluck Lunch

April – we will have musician Ann-Marita Garsed performing.- Luncheon will be Norwegian food provided. Make sure to invite family and friends.

May – a Syttende Mai Celebration

June – Our 88th Anniversary

It is time to lose an hours sleep.
Don't forget to change your clocks again.
Remember on March 11, 2018 to turn your clocks forward.

“Med vennlig hilsen” Best Regards, Phebe .



SONS OF NORWAY

Our next meeting is on Saturday March 10, 2018, 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!

District 6 Cultural Skill Director Judy Immel will present our program about Rune letters.

The Lodge lunch will be a potluck.

Bring a dish you love to share.



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.

**2018
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Jeanne Paige & Phil Peterson	(562) 429-3093
Secretary:	Terry Lord	(714) 369-2420
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director:	Phillip Knudsen	(562) 308-8763
Sunshine Sec:	Cleone Hatwan	(562) 633-6752
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

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 2/5/18

- We started our meeting off with the Norwegian Table prayer, and raced to fill our plates with yummy ham, potatoes, mac & cheese, homemade apple & apricot sauce, rolls, fruit salad, beets, quiche, & desserts. **THANK YOU Ms Phebe** for the awesome spread. 😊
- We sang Happy Birthday to those celebrating another wonderful year – Phil & Jeanne and Phebe provided them with gifts.
- Our language lesson today was focused on the “Olympics”. John even brought in his racing ice skates. What a treat!
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.

- **Today’s announcements**
- The delegates for the Sons of Norway District 6 Convention in Sonoma County, have been nominated by Loyd Wilcox:
 - Drum roll please
 - Troann Loy, Phebe Fricioni, & Teresa Lord were nominated by Loyd Wilcox
 - All were 2nd by Roselyn Scott
 - Alternatives were also nominated by Ginnie Wilcox:
 - Phil & Jeanne Peterson
- Phil Knudsen hosted today’s presentation about the Olympics
 - Phil shows us many little tricks on the computer using his wi-fi hot spot
 - The 2018 Winter Olympics are starting at 5:00 pm our time. Set your DVR’s.
 - We covered Askel Lend Svindal’s web page
 - Did you know, the longest jump ever recorded was 832 feet! (Almost 3 football fields. **Wow**)
- Phil presented Valerie with a Gold Medal!!!! **Congratulations!**
- District 6 cookies are needed for the June convention. Please bring your favorite cookies to our June meeting.
- Teresa Lord won the 50/50 drawing of \$17 and graciously donated the amount back to the lodge.
- Troann closed the meeting with “**May Peace and Harmony prevail throughout the lodge**”.
- Our next meeting is **March 10th 2018**. **Runes, Runes, lovely Runes.**

Respectfully submitted: Terry Lord – Secretary

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A Bit of Humor:

LITTLE OLE had been misbehaving and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer.

"Fine," said Lena, his pleased mother. "If you ask God to help you not to misbehave, he will help you."

"Oh, I didn't ask him to help me not to misbehave," said Ole, "I asked him to help you put up with me."

THE PREACHER conversed with Little Ole one sunny day:

"So your mother says your prayers for you each night? Very commendable. What does she say?"

Ole answered, "Thank God he's in bed!"

ONE DAY when he was a lad of six, Little Ole climbed out of the swimming pool and announced to Ole and Lena, "I just did something in the swimming pool I wasn't supposed to do."

Several dozen people in the pool overheard the remark, and climbed out at once. Seeing the furore he had created, Little Ole hastened to explain to his folks that the thing he wasn't supposed to do was swim at the deep end.

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

10- Lodge Meeting

11- Daylight Saving time Begins

17- St. Patrick's Day

April

14- Lodge Meeting

Program Musician Ann-Marita Garsed will preform

This Month's Birthdays. . . Gratulerer Med Dagen



March

3- Jeanne Holt

8- Sylvi Olsen

9- Andrea Marshall

10- Lyman Lokken

11- Victoria Gammer

15- Kirsten Loumeau

15- Roselyn Scott



Cucumber Salad (Agurksalat)

- 1 Cucumber
- 2/3 Cup vinegar, white
- 2/3 Cup water
- 3½ Tbsp sugar
- 1/4 Tsp salt
- Dash of white pepper
- Fresh parsley

This sweet and sour cucumber salad is a classic side dish that is light, refreshing and easy to make. Slice the cucumbers thin and place in a bowl. Mix vinegar, water, sugar, salt and white pepper in a small bowl. Pour the dressing over the cucumbers and mix well. Refrigerate for at least 30 minutes, then sprinkle with finely chopped parsley and serve.



Experience a True Arctic Wilderness

Rich wildlife, arctic nature, and a few thousand polar bears are all found on the island of Svalbard. Known for being the world's largest untouched wilderness area, many find this untamed nature enticing. With warmer temperatures arriving and ice encompassing the archipelago beginning to melt, visitors set out on an expedition for an unforgettable experience. The snow-drowned peaks and vast ice fields of Svalbard call to explorers longing for adventure. As the sun never seems to set in the summer months, visitors can experience the Arctic landscape by participating in a wide range of attractions all day long and into the evening. Activities include dog sledding through the snow-covered landscape, sailing around the rugged fjords and witnessing polar bears roam the sea ice, or walking around the settlements of Longyearbyen and Barentsburg. Svalbard offers visitors cultural events and festivals all year round. Only a three-hour flight from Oslo, the island of Svalbard is growing to be a tourist attraction for thousands of visitors around the world. To learn more about experiencing Svalbard, visit <https://svalbard.nordicvisitor.com/>.

Sons of Norway Headquarters Relocation Notice:

As of March 5, 2018, for approximately two years, Sons of Norway's International Headquarters will be physically located at 11100 Bren Rd W, Minnetonka, MN, 55343. A map and directions may be found online at www.sonsofnorway.com.

Please note: Our mailing address and phone numbers will remain the same: 1455 W Lake St, Minneapolis, MN, 55408; 800-945-8851; 612-827-3611

Support Camp Norge this Valentine's Day



We're only \$16,000 away from our \$50,000 goal to cover the cost of Camp Norge's new roof.

Let's all work together to reach our goal to [#RAISETHEROOF](#) by April!

Please consider a Valentine's Day gift honoring your loved one who loves Camp Norge. You can [donate](#) today.

Please forward and ask our fellow Sons of Norway Members to [give](#) as well.

Gifts to this campaign are tax-deductible through the Sons of Norway Foundation.



To give by check, please send to:
Sons of Norway Foundation
Attn: Camp Norge/Raise the Roof
[1455 West Lake Street, Minneapolis, MN 55408](#) | [800-945-8851 ext. 4632](#)

LEARN BEGINNING NORWEGIAN ON THE WEB

LearnNoW is an online beginners' Norwegian course, offered free of charge. It was developed by a team from the Department of Language and Literature at the Norwegian University of Science and Technology, NTNU, in conjunction with the Norwegian Agency for Lifelong Learning, Vox. It is a series of twelve chapters with audio tracks both in normal and reduced speed. Go to www.ntnu.edu/learnnow.

Here's Where to View Old Norse Texts Online:

Norwegian archivists have found hidden treasures in medieval accounting protocols, including a slightly different version of the saga of St. Olaf. In the 16th and 17th century there was limited access to parchment, and those who recorded the accounting protocols may have considered it a great idea to use old manuscripts to reinforce their binding. Parchment was made from animal skins, most often from calves or sheep. If you needed large pieces of parchment, you might want to slaughter a sheep for each page. It was expensive to make new ones. Around 1850, when historian P.A. Munch learned from the national antiquary of the day that there were a considerable number of parchment manuscript scraps "hidden" in accounting protocols from the 15th and 16th century, he must have been quite elated. The manuscripts were in Latin and Old Norse, but it was the Old Norse that Munch was interested in, especially the pieces from saga manuscripts. He had known of many preserved saga scripts prior to this, but all those pieces that now came to light indicated that in the 1600s there were probably a great many copies of the sagas all around Norway, he believed. And saga literature about the old Vikings must have still been popular. Tor Weidling, senior archivist at the National Archives in Oslo, is one of the people who have worked with around 550 pieces of Old Norse manuscripts that have been collected over time. They are now are posted online and can be viewed at www.digitalarkivet.no. One example is a parchment manuscript scrap which tells the story of St. Olaf. This manuscript is from the last part of the 1100s, and you can find multiple pages here: <https://media.digitalarkivet.no/view/58518/32>

At April Lodge Meeting on April 14



Join us for a wonderful program from musician [Ann-Marita Garsed](#).

She will be performing an acoustic show of traditional Scandinavian folk songs, some more contemporary Scandinavian songs, and original songs about Scandinavian people in the United States, with stories and some bits of history mixed in.



IRISH BLESSING

may the road rise to meet you
may the wind be always at your back.
may the sun shine warm upon your face.
and rams fall soft upon your fields.
and until we meet again,
may god hold you in the hollow of his hand.

Don't forget to...



SPRING FORWARD!

In the USA, at 2 a.m. on 11 March 2018,
clocks will be forwarded one hour,
marking the beginning of Daylight Saving Time



SONS OF NORWAY

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