

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 88 , 4 Issue

April 2018

### *Ord Fra Presidenten...*

I was disappointed I missed the March meeting. Thank you to Judy Immel, I heard your Rune program was great.

Now our next lodge meeting is April 14 and we will have Ann-Marita Garsed performing Norwegian music. We need to ask everyone. We want to have a full house for this event.

I am so proud and thankful for everyone who helps set-up and clean-up for our meetings. It takes a lot of work to have a meeting and we need everyone to help. Never think you are not needed or cannot help. We have jobs for everyone. Just ask me! I love you all.

We only have 3 more meetings until our summer break. We have a lot planned; so do not miss a meeting, you will be sorry.

See you soon

Med vennlig hilsen (Best Regards),

Phebe Fricioni



## SONS OF NORWAY

Our next meeting is on Saturday, April 14, 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!*

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We will have musician Ann-Marita Garsed performing Norwegian music.  
We will also have a representative from the Galaxy soccer team to share with us about the Galaxy having a special day for Norwegians on May 25.

Norwegian food will be provided for lunch.  
Make sure to invite family and friends.



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.

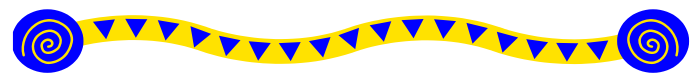
Phone: (818) 986 -7199  
Cell: (818)667-6627  
Fax: (818) 905-5785

**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 3/10/18

- John hosted today's meeting, giving a **Special Welcome to Judy Immel & Pat Kelly**.
- After our Norwegian Table prayer, we filled our plates with a wonderful array of Potluck offerings fit for the Gods. Sausage, meatballs, pork loin, salads – fruit jello, Calico beans, cookies & other desserts.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- We recognized the folks with Birthdays this month. Those folks include Sylvi Olsen, Andrea Marshall, Lyle Lokken, & Roselyn Scott.
- Our language lesson today was focused on “Runes”. Which leads me to the introduction of **Judy Immel**.
  - o Judy's presentation told us that “Runes are found all over the world” – Denmark, Sweden, Finland, Norway, Newfoundland, along the St. Lawrence River, and down to St. Louis Missouri.
  - o Runes are the letters or characters belonging to the written language of various ancient Germanic peoples, especially the Scandinavians and the Anglo-Saxons. The oldest inscriptions are found in Denmark. The Younger Futhark alphabet has 16 runes, while the Elder Futhark alphabet has 24. And there's no “O” in either Rune alphabet.
  - o Runes were carved on weapons, tools, jewelry, wood, bone, stone & walls.
  - o The Bryggen inscriptions are a find of 670 medieval runic inscriptions on wood and bone found in Bergen Norway. These scripts show the everyday uses of runes in that area in the 1400's.
  - o **Judy's presentation was wonderful** to say the least, and invites us to delve further .

- o into our medieval writing history.  
THANK YOU MS JUDY.

- **Today's announcements**
- **Pat Kelly** reminded us of the importance of Financial Security.
  - o He can help us with 401k's, Life insurance, Annuities and the understanding of our Financial world in a simple manner.
    - § Did you know that the Sons of Norway's life insurance is tax free, with guarantees of 4% interest.
    - § Don't be afraid to give him a call. His number is listed on our monthly newsletter.
- **Our next meeting is April 14, 2018. Bring all of your family & friends to hear the lovely voice of Ann-Marita Garsed.** She is a singer, songwriter, and performer based in Southern California. Ann-Marita was born and raised in Norway. Look her up on the internet and listen to her sing. Wow!!!
- The total amount raised for the 50/50 drawing was \$29. Terry won & donated the amount back to the lodge.
- Troann closed the meeting with “**May Peace and Harmony prevail throughout the lodge**”.
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Respectfully submitted: Terry Lord – Secretary



## *A Bit of Humor:*

Little Ole asked "If the ocean is made up of water and fish. Why the fish don't drown I don't know."

One day Lena confided to her friend Hilda that she had finally cured her nervous husband, Ole, of his habit of biting his nails. "Good gracious," said Hilda, "How did yew ever dew that?" "It vas really simple," was Lena's reply. "I just hid his false teeth."

Ole and Lars were on their very first train ride, heading to Minneapolis. They had brought along bananas for lunch. Just as they began to peel them, the train entered a long, dark tunnel. "Have you eaten your banana yet?" Ole asked excitedly. "No," replied Lars. "Vell don't touch it den," Ole exclaimed. "I just took vun bite and vent blind!"

A Norwegian, a Swede and a Dane made a bet about who could stay the longest in a stinky pig barn. They all went in at the same time. After only two minutes the Dane came running out. Five minutes later the Swede stumbled out the door. After ten minutes, all the pigs ran out.

[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*



### April

1-Easter

1-April Fools' Day

14-Lodge Meeting

### May

12- Lodge Meeting

A Syttende Mai celebration with  
Judith Gabriel Vinje

17-Syttende Mai  
(Constitution Day)

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



### April

6 – Kristin Spaberg

19 – Barbara Speward

20 – Ardelle Stenson

24 – Loyd Wilcox

30 – Cleone Hatwan

## Best Summer Vacation....Ever!!!

Pass on to the our youth the gift of Norwegian culture and heritage. Do you enjoy talking about your Norwegian heritage? Do you do rosemaling? Do you like Norwegian folk dancing? Do you enjoy Norwegian music? If you have answered yes to any of the the previous questions you have an opportunity to fullfill your best summer vacation yet. We need you share your knowledge to a new generation.

Spend part of your summer vacation in the beautiful Seirras at Camp Norge with the youth of our lodges. Share, teach, and laugh at the Trollfjell Heritage Camp, July 8-21 ages 8-13 and Trofjell Folkenhofskule, June 24 – July 7, ages 14-17. Needed: Instructors for Rosemaling, Dance, Language, Music, Heritage and Culture Instructor. The commitment isn't for the whole 4 weeks. It could be a week or a couple of days, schedules are flexible. Also needed: Certified life guard, counselors and cook.

Please contact Camp Director, Rebekah Strand 970-541-0375 or email [restrand15@gmail.com](mailto:restrand15@gmail.com). On-line applications are at <https://tinyurl.com/ybccnvr3>.

### Upcoming Events

Memorial Day Weekend Camp Norge  
Friday-Sunday May 26, 27, 28

### District Six Convention

Sunday, June 10-June 14  
Graton Rosort & Casino Rohnert Park, CA  
Information at [sofn6.org](http://sofn6.org)

### International Convention

August 16-18  
Hyatt Regency Hotel-Bloomington MN  
Information at [sofn.com](http://sofn.com)

## *Europe's Fastest Growing City Makes the Must-Visit List*



Travel guide publisher Lonely Planet has named Oslo one of the top 10 must-visit cities for 2018. Nestled between the Oslofjord and forested hills, and known for its captivating landmarks including the Royal Palace, Oslo is Europe's fastest growing city. From new neighborhoods to fashion and art scenes, the city is buzzing with energy. Whether you're looking to experience Oslo's cultural life or natural pleasures, this urban metropolis offers a wide range of activities. Visit one of the 50 art museums, hike through the forests of Nordmarka or indulge in popular Nordic cuisine. Touring the city can be done in various ways; partake in a guided walking tour and learn about architecture and history, or island hop in the Oslo Fjord and see the beaches and charming cottages. 2018 will be a great year to visit Oslo as the King and Queen celebrate their 50th wedding anniversary and the Opera House marks its 10th birthday. It will be a celebratory season of performances, cultural events and culinary festivals. To start planning your trip to Oslo, consult a variety of maps that Sons of Norway offers, with special pricing for members. The maps have been recently updated for travel in 2018, and may be ordered at [https://www.sofn.com/member\\_benefits/member\\_discounts/norway\\_map\\_service/](https://www.sofn.com/member_benefits/member_discounts/norway_map_service/)

## Deviled Eggs with Prosciutto

- 10 large eggs
- ¼ cup plus 1 Tbsp. mayonnaise
- 3 cornichons (tiny dill pickles), minced
- 2 Tbsp. goat cheese at room temperature
- 2 tsp. Dijon mustard
- 1½ minced shallot
- 2 tsp. snipped chives
- Kosher salt and freshly ground pepper
- 1 oz. prosciutto, torn into 20 pieces

In a large saucepan, cover the eggs with cold water and bring to a boil over high heat. Remove eggs from heat and let stand in the hot water for 10 minutes. Transfer the eggs to cold water until chilled, about 5 minutes.

In a medium bowl, mix the mayonnaise, cornichons, goat cheese, mustard, shallot and 1 teaspoon of the chives. Peel the eggs and halve them lengthwise. Add yolks to the bowl, mix until smooth and season with salt and pepper. Thin the mixture with 1 tablespoon milk as needed. Set the egg whites on a serving platter. Scrape the egg yolk mixture into a pastry bag fitted with a large, round tip and pipe the filling into the whites; alternatively, use a plastic zip lock bag with a corner snipped off or spoon in the filling with a teaspoon. Top each egg with a piece of prosciutto, sprinkle with the remaining 1 teaspoon of chives and serve. For a meatless option, substitute 1 oz. of thinly-planed slices of Norwegian gjetost (goat cheese) for prosciutto.



## Norwegians Embrace Easter Crime Novel Tradition



While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as Pâskekrim, or Easter Crime. For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced.

Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations and even crime cartoons printed on the back of milk cartons. Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book "Bergenstoget Plyndret I Natt" ("Bergen Train Robbed Last Night"). In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, Afterposten, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notoriety that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned Pâskekrim into an annual tradition. Find your own murder mystery just in time for the holiday break by logging in to the digital edition of Viking magazine and checking out the following issues: Nordic Noir, page 38—

<http://msp.imirus.com/Mpowered/book/vvk14/i4/p38> Read On, page 24—

<http://msp.imirus.com/Mpowered/book/vvk16/i7/p24> Summer Reading Guide, page 20—

<http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

## Holding Back a Sneeze Can be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing, a ruptured eardrum, or cause a vein in the brain to burst, doctors warn. Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze. Usually it is harmless, but in some cases it may turn out to be very painful and in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal BMJ Case Reports. A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week. "Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study. In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.

## Celebrate Memorial Day at Camp Norge May 26, 27 and 28th, 2018

The Camp Norge Board invites you to **Camp Norge** for a fun and relaxing three-day camping experience at your own recreation center, our "*Jewel in the Sierras.*" Come celebrate this true American Holiday with us. There are a variety of fun activities for everyone to enjoy!!

- ♥ Our annual **Field Trip** on Saturday is the perfect way to begin the weekend!
- ♥ Brand new **Disc Golf** course
- ♥ **Cocktail Party and Wine Tasting** Saturday
- ♥ Family **Movie Night** Saturday night
- ♥ Scenic and energizing **Hike** on Sunday
- ♥ Annual **Meatball Cook-off** and **Aquavit Tasting**
- ♥ Plus craft workshops and more!



Bring your tent or RV or call **Camp** to reserve a room at **(530)389-2508**. Not familiar with the rooms or want to learn more? Click on ⇒ [www.campnorge.org](http://www.campnorge.org)

**Delicious meals** will be provided for the weekend and served in the **Heritage Hall**. The usual amenities will be available: swimming pool,

h a p p y  
e a s t e r



**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.



Fridtjof Nansen #6-009 Long Beach, CA

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

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