

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 88 , Issue 5

May 2018

### *Ord Fra Presidenten...*

What a great event we had with Musician Ann-Marita Garsed. I know everyone enjoyed it. If you missed her performance we have 2 of her CD's to listen to her music.



Don't miss our May meeting on May 12. Judith Gabriel Vinje will lead our Syttende Mai Celebration. Hope to see you there.

**Remember we need cookies for Convention.**

Best Regards, Phebe



## SONS OF NORWAY

Our next meeting is on Saturday May 12, 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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**Judith Gabriel Vinje is coming from Edward Greig Lodge to lead our Syttende Mai Celebration.**

**Join us, everyone welcome!**

Potluck Lunch bring your favorite dish.

Don't forget we are off for the months of July and August. No meetings!



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

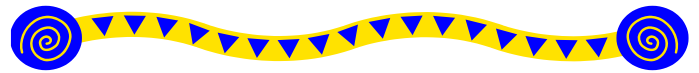
**TUBFRIM**



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 4/14/18**

- **What an exciting meeting today. We have musician Ann-Marita Garsed and a Galaxy Soccer Team representative.**
- **THANK YOU Ms Phebe** for decorating our room so beautifully for all to enjoy.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance. It was special to have Ann-Marita Garsed sing the Norwegian National Anthem with us. What a beautiful voice.
- We recognized 2 folks with notable Birthdays this month – Loyd & Cleone.
- Today's yummy lunch was provided by the lodge and included stuffed pork, ham, potatoes/gravy, rolls, salad, cornbread, quiche, cabbage, cucumbers, applesauce & cake.
- The Galaxy Soccer Team representative shared details of the upcoming Norwegian Heritage Night. It will be held May 25, 2018 @ 8 pm at the Stubhub Center located in Carson, Ca.
  - o The Galaxy Soccer Team has 2 Norwegian Nationals - Jorgen Skjelvik from Baerum, Norway and Ola Kamara from Oslo, Norway.
  - o Buy your tickets, dress in your best Norge outfit, and give the team your best cheer!
- John taught our language lesson focused on "Song & Music".
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- **Our special guest today is musician Ann-Marita Garsed.** She is a singer, songwriter, and performer. Ann-Marita was born and raised in Norway, and came to the U.S. as an exchange student.
  - o You may have seen Ann-Marita at the Scandinavia Festival in Thousand Oaks.
  - o If you go to her website, you can listen to her songs and find out where her next appearances will be. Ann-Marita will be at Matt Denny's Ale House Restaurant & Bar in Arcadia May 8. After that, she will be on tour to Sweden & Alaska.
- **Today's announcements**
  - o **Please sign up to bring cookies for the June Convention.**
- **Our next meeting is May 12, 2018.**
  - o **Judith Gabriel Vinje will present a Syttende Mai**
- We had our 50/50 drawing and one of our guests was the lucky winner.
- Troann closed the meeting with **"May Peace and Harmony prevail for each member in the lodge"**.

Respectfully submitted:  
Terry Lord – Secretary

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

**Ole & Lena went to a lawyer to see about getting a divorce.**

**"How old are you folks?" asked the lawyer.**

**"Vell, I'm 96 and Lena is 92," said Ole.**

**"How come you are getting a divorce now?" asked the lawyer.**

**Said Ole: "Ve wanted to wait till all da kids were dead."**

**Ole wasn't feeling well so he went to the doctor. After examining him the doctor took his wife, Lena, aside, and said, "your husband has a very sensitive heart. I am afraid he s not going to make it, unless you treat him like a king, which means you are at his every beck and call, 24 hours a day and that he doesn t have to do anything himself."**

**On the way home Ole asked with a note of concern "Vhat did he say?"**

**"Vell," Lena responded, "he said it looks like you probably von't make it."**

**[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***



May 17 2018  
Syttende Mai,  
or Constitution Day  
in Norway. Celebrate!

May 25, 2018  
Norwegian Day  
At the Galaxy Game 8 pm  
Contact Phil Knudsen for ticket info  
562-308-8763

June 9, 2018  
Lodge Meeting  
Our 88<sup>th</sup> Anniversary

Sept 22-23, 2018  
Vista Viking Festival  
In Vista, Ca

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



**May**

9 – Phebe Fricioni  
22 – Ana Vallefuoco



We've Moved! Sons of Norway's International Headquarters is now physically located at 11100 Bren Rd W, Minnetonka, MN, 55343. Any overnight packages should be sent to this address. A map and directions may be found online at [www.sonsofnorway.com](http://www.sonsofnorway.com). Please note: Our regular mailing address and phone numbers remain the same: 1455 W Lake St, Minneapolis, MN, 55408; 800-945-8851 or 612-827-3611.



### Cardamom Ring Cake

For the Cake

- 3 Packets active dry yeast
  - ¾ Cup tepid milk
  - 3 Eggs (1 for brushing the cake)
  - 4 Cups all-purpose flour
  - 3 ½ Tbsp. sugar
  - ½ Tbsp. salt • 1 Tbsp. cardamom
  - 11 Tbsp. butter
  - 4 Tbsp. raisins
  - 4 Tbsp. candied citron
  - 4 Tbsp. chopped almonds
- For the Filling
- 9 Tbsp. butter
  - 4 ½ Tbsp. sugar

**Step 1** Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

**Step 2** Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

**Step 3** Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Set side covered in a cool space.

**Step 4** Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34 inch long ribbon.

**Step 5** Spread this filling all over the roll. Sprinkle with raisins and chopped, candied citron, and chopped almonds for extra taste, if desired.

**Step 6** Roll together and form into a twist on a baking sheet, put away to rise once again. Brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400-450 degrees F).





### Hurray, It's the 17th of May!

As the nation's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 stood as a day of politics involving speeches and rallies; today it is filled with national pride, festivities and tradition. Each year, thousands of people in Norway— and around the world—take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. The largest parade takes place in Oslo and consists of more than 75 schools and marching bands, and is even attended by the Royal Family. For more facts about Syttende Mai and details on how the day is celebrated, check out the Sons of Norway blog at [https://www.sofn.com/blog/2017/05/16/148/syttende\\_mai\\_10\\_fun\\_facts](https://www.sofn.com/blog/2017/05/16/148/syttende_mai_10_fun_facts). Also, while you're celebrating with family, friends or your lodge, remember to take lots of photographs. The Viking magazine's District Happenings Section is the perfect place to showcase your Norwegian celebrations. For information on how to take and submit photos for consideration in the Viking magazine District Happenings Section, check out the updated Viking Photo Guide found in the Member Resources section of the website.



### Norwegian Startup Brings Robots to the Classroom

Norwegian startup company No Isolation is helping children and young adults around the world use robots to battle loneliness and involuntary isolation. Founded in 2015, No Isolation's mission is simple: to be a thought leader on issues related to loneliness and find solutions for individuals living in vulnerable situations because of it. Research has proven that social isolation and loneliness among children in particular can lead to many lifelong physical and psychological disorders like depression and anxiety. No Isolation believes a big factor in battling this social issue is simply allowing these individuals to participate in everyday normal life. To help in this endeavor, No Isolation created the world's first telepresence robot called AV1. Specifically developed for children and young adults unable to attend school due to long-term illnesses, AV1 allows them to participate in classes, learning environments and social settings from home, hospital bed or anywhere else they might be. AV1 is built like an avatar and can be brought indoors and outdoors. It acts as the eyes, ears and voice of the student from inside the classroom as they watch, participate and interact through a hand-held tablet. AV1 is not only instrumental in helping these students learn in ways not possible before, but it also lets them maintain relationships with their school friends—making any return to school easier and more comfortable. No Isolation currently helps more than 400 individuals across the globe, and has been granted The European Commission's Seal of Excellence Certificate. The company also took home awards for Best Social Tech Startup and Best Newcomer at the 2017 Nordic Startup Awards.

## 11,000 year-old Bones Found at the Bottom of the North Sea



Between Britain and Denmark, in the middle of the North Sea, there was a vast land mass 6,000 years ago. People lived there for thousands of years. [In the picture shown] you see a part of a human skull and a cattle bone in which a pattern has been cut. The pattern has been made by humans. The skull is dated at around 11,000 years old, while the cattle bone is around 11,500 years old. But these bones were not found in an archaeological excavation. Both of them have been pulled from the seabed in the North Sea between Britain and Denmark by fishing boats over the past 10 years. And no one threw these bones into the North Sea at any point. It's been no more than 6,000 years since this was dry land. A dense land area of almost 750,000 square kilometers is now below sea level, and both humans and Neanderthals lived there for a long period of human history. Doggerland The area is called Doggerland. It was probably a fertile region, and among other things, mammoths have been found at the bottom of the North Sea. This is also not the first time human bones have been pulled up by fishing boats. In 2009, a Neanderthal skull was pulled from the bottom of the North Sea. It turned out to be more than 40,000 years old. The sea level was much lower at the time than it is now. While northern Scandinavia was covered by thick ice, about 13,000 years ago the sea level was around 60-80 meters below today's level. As the ice melted, Doggerland became slowly but surely flooded. Hence, the living area for the people who lived here also disappeared. The Pattern The skull is not complete, so there's not much for scientists to interpret from it. A description of the skull and cattle bone was published in the journal *Antiquity*. The researchers can't tell if this was a woman or man, but it was an individual between 22 and 45 years old. Bone analysis shows that the person probably lived mainly from food that came from farming. The animal bone comes from some kind of cattle. The most sensational thing about this leg is that someone has embellished it. Someone carved several rows of a zigzag pattern with a thin, pointed tool. There are few examples of bone art that are this old, so it's an amazing stroke of luck that this particular bone was drawn from the seabed. Dutch researchers mention a few similar discoveries from Europe: A horse jaw from Wales, moose antlers from Poland and a deer antler from France, all with similar motifs, and all dated as being between 10,000 and 12,000 years old. There are probably many more remains from animals and humans who lived on Doggerland on the seabed in the North Sea, so there is still a lot that could emerge.



The District 6 Convention will soon be upon us! As we have mentioned before, we will be having a raffle to help defray the costs of the convention as well as contribute to the Sons of Norway Foundation. We need the support of all of our District 6 Lodges. We are asking for one special item to be donated by each lodge for this fundraiser. That can be an item-filled basket, a gift card, a special Scandinavian artifact, or whatever your lodge members want to do.



Please email me to let me know what your lodge is donating so that I can do as much preparation before the convention as possible. Send your donation with your delegate(s) but if that is not possible, please contact me for alternate instructions.

Tusen Hjertelig Takk!!

Benny Jo Hinchey  
 Zone 7 Director  
 Convention Raffle Coordinator  
[bennyjo46@gmail.com](mailto:bennyjo46@gmail.com)



A Gift for You!!



Fridtjof Nansen #6-009 Long Beach, CA  
[www.nansenlodgelongbeach.com](http://www.nansenlodgelongbeach.com)  
 www.sofn6.com  
 Troann Mortensen Loy  
 9062 Kahului Dr.  
 Huntington Beach, CA 92646  
 tm4rb5@gmail.com

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