

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 88 , 7 Issue

September 2018

### *Ord Fra Presidenten...*

What a summer I have had. The District Convention at the Graton Casino/Resort Rohnert Park, CA was fun and educational. The next convention will be in 2020 in Meza, AZ. Troann and I were elected delegates to the International Convention in Minneapolis, MN from August 15 to 19. It was hot and humid but beautiful country. We learned a lot. We worked hard on new Bylaws and Procedures.

We will be celebrating the Sons of Norway 125<sup>th</sup> Anniversary in 2020. We voted to the convention to be held in Hamar, Norway.

Yea! What a great opportunity.

Your board has met and we have some wonderful programs scheduled for the rest to the year. You will not want to miss one meeting. Invite a friend they will enjoy it too. Looking forward to seeing you soon

Beste Hilsener (Best Wishes), Phebe



## SONS OF NORWAY

Our next meeting is on Saturday September 8, 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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### **Program will be:**

*District President Luella Grangaard will be presenting the Second Musical program in the Cultural Skill program.*

*Even if you missed the first program please come you will enjoy it.*

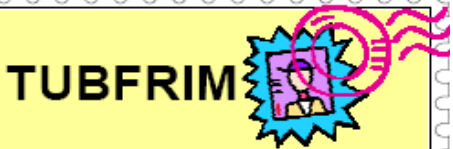
*Lunch will be a potluck bring a favorite dish*



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.

**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	



**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.*

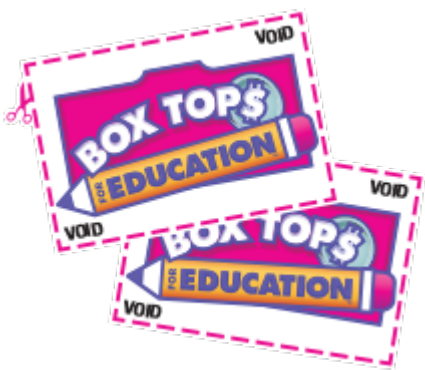
## Ask Pat Kelly:

I have wonderful news for our members. Our investment products just increased their interest rates. The difference with investing your money with Sons of Norway are:

- 1) Guaranteed Safety of Principal
- 2) Guaranteed Minimum Interest Rates
- 3) Guaranteed Income for Life
- 4) High Current Interest Rates
- 5) Tax Deferred Accumulations
- 6) No Sales Charges
- 7) No Annual Service Fees
- 8) Penalty Free RMD Withdrawals for IRS's
- 9) Penalty Free Withdraws Beginning in Year Two
- 10) Safety and Security with over 120 years of Experience

**Our Financial Benefit Counselor Pat Kelly**

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



**Bring your box tops to the meeting.  
We are supporting Christ Lutheran  
Church's Preschool.**

# Minutes from our Lodge Meeting

## Fridtjof Nansen Lodge #6-009

### Sons of Norway Lodge Meeting 6/9/18

- Greetings and THANK YOU to All that help us decorate and prepare each month for our meeting.
  - Guest(s) – hosted by Ginnie Wilcox
    - o Janice Storms – Welcome to our lodge.
  - Blessing & Lunch
    - o After our Norwegian Table Prayer, we enjoyed today's potluck lunch provided by the lodge members. What an array of wonderful foods to enjoy.
  - Language Lesson – hosted by John Olsen
    - o Today's Lesson was focused on music, dance, & calling the cows. 😊
  - Birthdays - We recognized the Birthdays for this month - Patricia Lampe & Katrina Hagen. **Happy Birthday!**
  - We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
  - Sports Director Valerie Sparr let us know about the Sports Medal Program for walking, hiking, cycling, skiing, swimming, & general fitness. The medals you can strive to achieve are Bronze, Silver, & Gold.
    - o Before you start your exercise program, check with your doctor. Remember to start off slow.
    - o Print the "requirements" form from the Sons of Norway website before you start, and keep a calendar for recording your times and events.
  - Musical Cultural Skills Program Level 1 – hosted by Loyd Wilcox
    - o What a treat it was to start our Level 1 music pins. We listened to 4 selections of music played by the mouth harp, mouth whistle, Hardanger Fiddle, and Oyvind Netland Organ. The Lullaby vocalist was truly amazing. I thought it was an instrument.
    - o If you missed this session and want to achieve or complete your Music pin – download the forms from the Sons of Norway...and go to UTube – Norsk Folkemusikk .
  - Our 88<sup>th</sup> Anniversary - Lodge History - hosted by Troann Mortensen
    - o Ulabrand Lodge 6-24 in San Pedro, Ca. sponsored the start of our lodge 6/1/1930.
    - o Our name recognizes a Norwegian explorer, scientist, and diplomat. Fridtjof Wedel-Jarlsberg Nansen was also awarded the Noble Peace Prize in 1922.
    - o Throughout the 88 years of fellowship, the dedication of our members has and continues to show the love of our heritage.
  - Ms Ginnie gave out Longevity Pins & certificates
    - o 5 Year – John & Sylvi, Martha Green, Kirsten Mortensen, & Terry Lord
    - o 10 Year – Phebe Fricioni
    - o 20 Year – Loyd & Ginnie Wilcox, Patricia Lampe & Phil Knudsen
  - Today's announcements
    - o 2019 Calendars are ready to order. Please let us know if you would like 1,2, or 3. 😊 A great Christmas gift. Also available are decorative cards – a pack of 10 hosting 5 designs.
  - Our next meeting is September 8, 2018.
    - o Luella Grangaard will be our Special Guest
    - o Phebe & Troann will share their experiences of the June Convention.
  - We had our 50/50 drawing for a total amount of \$49.00. **WOW!** Terry Lord was the lucky winner, and has donated her portion back to the lodge.
  - Troann closed the meeting with **"May Peace and Harmony prevail in the lodge"**.
- Respectfully submitted: Terry Lord – Secretary
-

## *A Bit of Humor:*

Lena and Ole bought a new car. They were so excited about it that when they got home they locked the keys in the car. Lena says to Ole, "I thought you had the keys." Ole says, "You ver driving, da driver always takes da keys." "Well," says Lean, "It doesn't much matter, da question is vat are ve going ta do about it." Ole says, "I don't know, but ve bedder come up vit someting fast because it looks like rain, and you had ta go and leave da top down."

"Little Sven, vhy are yew crying?" asked Grandpa. "Vell, yust because Daddy von't play cowboys and Indians vit me tewdat!!" sobbed Little Sven! "Vell, don't cry!!" said Grandpa. "I vill play cowboys and Indians vit yew!!" "But dat's no good, Grandpa!!" sobbed Little Sven. "Yew've already been scalped!!!"

## *Kalendaren – Calendar*



September:

3 – Labor Day

8 –Lodge Meeting

October:

13 – Lodge Meeting –

Program – Munch & the Scream

November:

10 – Lodge Meeting

Program – Weaving & Textiles

December:

8 – Lodge Meeting - Christmas Party

NEW – GREETING CARDS FOR SALE –  
Now at the Greeter's Table there will be  
Greeting cards for sale. Six for a dollar.  
Money will go to lodge.



[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

19 - Teresa Lord

### SEPTEMBER

24 - Linda Dicken

28 - Troann Loy

## Address Tomorrow's Life Insurance Needs Today

We have all had that moment when we get the news about either a friend or loved one whose life has just been changed forever by circumstances outside of their control. Whether due to an accident or unforeseen illness, we don't know when the need for life insurance will occur. That's why it's so necessary to plan ahead. Life insurance might be one of the most important purchases you will ever make! According to the 2018 Insurance Barometer Study by Life Happens and LIMRA:

- Among those with life insurance, about 1 in 5 say they do not have enough.
- Two in 5 millennials wish their spouse or partner would buy more life insurance.
- Almost everyone (90%) believes a primary wage earner needs to own life insurance.

For many, life insurance should be at the center of a financial plan. So why are so many households uninsured or underinsured? Some people are afraid to face the fact that we will all die someday. Others assume life insurance is too expensive, or they put off addressing the need, thinking it can always be handled tomorrow. But none of us know what tomorrow might bring. Each September we bring the importance of life insurance to the forefront with the help of Life Happens coordination of Life Insurance Awareness Month. This campaign is aimed at helping educate the public about the importance of life insurance, and how easy it is to do the right thing to protect their loved ones. If you already have life insurance, now is also a great time to talk to someone about ensuring you have enough coverage to protect the hopes and dreams of your loved ones. Don't wait until tomorrow; reach out to your agent or call Sons of Norway at 800.945.8851 so we can help you find a Financial Benefits Counselor qualified to help you navigate your personal insurance needs. You may also find an agent at [www.sonsofnorway.com](http://www.sonsofnorway.com). Simply click on Financial Products > Find a Financial Benefits Counselor.





### Membership Sons of Norway –

Offers its members an opportunity to pursue and enjoy their Norwegian culture and heritage. You do not need to be Norwegian to join. Anyone who shows a great interest in the objectives and purposes of Sons of Norway, regardless of nationality, who is at least 16 years of age, may be accepted into membership. Children under 16 years of age can join as a “Heritage” member free of charge if a parent or grandparent belongs to Sons of Norway. Young adults between the ages of 16 and 23 may become “Unger Venner” members, either free or at minimal dues when sponsored by a SON member. Benefits of Joining Access to Cultural Resources Norwegian Heritage Program for Youth: Camp Trollfjell (8-13 yr olds) Trollfjell Folkehøgskule (14-17 yr olds) Scholarships & Camperships for youth (See the District 6 website for details) Cultural Skills Program Sports Medal Program Financial Benefits Program Interested in joining us?



Join Sons of Norway Join Sons of Norway and enjoy the benefits of being a member. Visit the Sons of Norway website and explore what we have to offer. You can sign up or renew your membership. Go to [www.sofn.com](http://www.sofn.com)

### *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](mailto: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.**

**Save the Date** September 10—15, 2019 Camp Norge Camp Oldfjell Folkehøgskule for Voksne (**Folk School for Adults**) Cultural Skills classes and more E.g. music, literature, hardanger, Vikings, etc



King Harald & Queen Sonja Celebrate  
They quietly dated for nine years before they were given permission to marry. Their relationship stayed a secret for almost a decade due to Sonja's commoner status. Then Crown Prince Harald told his father that he would never marry unless he gave permission to wed Sonja, which would have ended the family's reign on the Norwegian throne after Harald's death. After the engagement announcement, there was not much resistance by the Norwegian people of having a commoner queen. Finally, in March 1968, the Royal Court of Norway announced that King Olav had given the pair permission to marry. They wed on 29 August 1968 at Oslo Cathedral. Sonja threw herself into her work as the Crown Princess of Norway and quickly gained popularity. The marriage of Harald and Sonja has been one of much happiness & sincere love for one another. They celebrated 25 years on the throne in January 2016, & both will celebrate this year with a tour around Norway.

### They Moved Pulpit Rock to India

In the latest "Mission: Impossible" movie, Preikestolen (Pulpit Rock) is supposedly set in India. Nevertheless, it is good advertising for Norway, according to people in the tourism industry. Last fall, actor Tom Cruise came to Lysefjorden in Rogaland. He was going to record scenes for his new "Mission: Impossible" movie on top of the mountain Preikestolen (Pulpit Rock). The superstar hangs from the edge of the famous cliff for four dramatic minutes. This was seen as a major victory for Norwegian tourism. However, director Christopher McQuarrie has placed the Pulpit Rock in Kashmir, India. This was a disappointment for many. The webpage minervanett.no was the first to write about the topic. Daily newspaper Dagbladet has talked with Elisabeth Saupstad, a tourism director in the Stavanger office for Visit Norway, the official Tourism Board in Norway. She says that the audience will quickly figure out where the scenes are actually recorded. "Preikestolen (Pulpit Rock) is almost as famous as the Eiffel Tower in Paris. So I think that will not be a problem." Hege Kjellevoid is the general manager of the Preikestolen Foundation. She also doesn't think it's a big problem that the action takes place in India. "We were prepared for this. That is how things go in the international blockbusters. It's unlikely that such a storyline would have happened [in Norway]," she told Dagbladet. The American filmmakers received six million dollars to shoot the scenes in Norway. They received the money through a contribution by the Norwegian Film Institute. The subsidy will make Norwegian culture, history and nature more well-known.



## Happy National Potato Month!

Potatoes have been an important part of Norwegian cuisine and culture for more than 250 years. They continue to be a staple ingredient in many traditional dishes like dumplings, lompe lefse, hash and hasselback potatoes, but have also played a significant role in Norway's history. The potato first originated in the Andes in Latin America where it had exclusively grown for 10,000 years before the first Europeans arrived. Those early settlers then brought the potato to Portugal in 1567, and with the help from European religious leaders potatoes eventually made their way to Norway in 1750. Priests and pastors, commonly referred to as "potato priests," were known for growing potato spuds on the grounds of their parsonage at the time. They would often move from district to district and teach people how to cultivate them on their own. However, it wasn't until the Napoleonic wars in the early nineteenth century when potatoes were fully integrated into the Norwegian diet. The British navy blocked the seas around Norway. This eliminated grain imports from Denmark and struck Norway with famine. In desperate need of a replacement, Norwegians turned to potatoes, and quickly found them to not only be nutritious but also simple to cook, inexpensive, filling and easily grown in the harsh Norwegian climate and soil conditions. The humble potato has been a Norwegian favorite ever since.



### **Hasselback Roasted Potatoes (Hasselbackpoteter)**

Find this recipe plus other potato dishes in our Recipe Box at [https://www.sofn.com/norwegian\\_culture/recipe\\_box/](https://www.sofn.com/norwegian_culture/recipe_box/)

**Ingredients:** 4 oval baking potatoes medium

1 Tbsp butter

2 Tbsp butter, melted

Jarlsberg cheese, grated

Paprika

**Directions** Preheat oven to 425°F (215°C).

As you peel the potatoes, drop them into the cold water to prevent discoloring.

Slice the potatoes by placing a peeled potato in the hollow of a large wooden spoon, and slice it in 1/8 inch (1/4 cm) slices 'till about 1/2 inch (1-1/4 cm) from the end. (The spoon prevents the knife from slicing all the way through the potato.)

Butter an oven-proof dish. Drain the potatoes and pat them dry with a paper towel.

Place the potatoes side by side, cut side up, in the dish brushed with butter.

Brush the potatoes with melted butter and sprinkle with salt. If needed, brush again with melted butter after 30 minutes of baking.

Bake for 50 minutes— about 5 minutes before they are completely baked, sprinkle with grated cheese and paprika.



# Sons of Norway 27th Annual Weekend Southern California Kretsstevne

## Friday, Oct. 19 - Sunday, Oct. 21, 2018

### 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> information, only – no reservations

- Enjoy Music, Singing, Heritage Crafts, and Camaraderie
- Cultural Food Demonstration and/or games – Silent Auction and Scavenger Hunt
- Enjoy Saturday afternoon side-trip to Suveg Cellars Winery in Yucaipa

I.

#### \*\*\*\* Lodging Options \*\*\*\*

Banning Travelodge 951-849-1000, Days Inn Banning 951-849-0092

Sold out

Limited number of RVs (2) and Park Models (3) for rent. Pricing is for two nights

Park Model – bedroom and foldout couch	\$215.00
RV – various sizes and accommodations, TBD	\$155.00
RV space, full hookups	\$ 95.00
Tent space	\$ 60.00

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

**Call for campsite lodging (760) 343-0848**  
 e-mail: [norsknm@gmail.com](mailto:norsknm@gmail.com)

cut here and mail

Phone ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

Fri. Night Meatball 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. Salmon Dinner	_____ Adults @ 12.50 each	_____ Children under 12 Free	\$ _____
Sun. Scandinavian Breakfast	_____ Adults @ \$5.00 each	_____ Children under 12 Free	\$ _____
<b>SCK Registration Fee – all attendees</b>	Adults @ 7.50 each or Family \$15.00		\$ _____

Includes commemorative Rosemaled Kretsstevne pin for adults

Lodging: Use pricing from above - Circle one

Park Model                  RV rental                  RV space                  tent space                  \$ \_\_\_\_\_

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

proceeds support Camp Norge.

We want to reach out and help another charity. As a Sons of Norway member we have a mission to help others. In this case the Ronald McDonald's house. They collect soda can pop tabs. Collecting pop tabs is a great way to raise funds to help children and their families at the same time. Bring you pop tabs to the Greeting table at the lodge meeting.



# HAPPY LABOR DAY



Artist



Doctor



Nurse



Mechanic



Farmer



Reporter



Fridtjof Nansen #6-009 Long Beach, CA

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

www.sofn6.com

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