

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS

Volume 88 ,8 Issue



October 2018

### *Ord Fra Presidenten...*

*When you read this I will have been to my first Kretsstevne. Looking forward to it and know I will have lots of stories to tell you. Remember we are getting more involved this year in our outreach program.*

*Camp Norge- needs your pennies.  
Christ Lutheran's Preschool needs your box tops.*

*If you have time to read to the children let me know.*

*Ronald McDonald's House –  
I got to visit there, there is such a need for items, some suggestions are snack food- individual pkgs of cookies, crackers, potato chips, popcorn, granola bars, trash bags, etc. We could even fix them a dinner if we had enough volunteers.*

*Beste Hilsener (Best Wishes),  
Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday October 13, 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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*Teresa Broadhead will present a program on Munch's "The Scream".*

*Lunch will be provided*

*Donations accepted*



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.**

**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.**



**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

#6-009 - Fridtjof Nansen Lodge  
Sons of Norway Lodge Meeting 9/8/18  
Start time is noon - concluded approx. 2:30

- **Welcome Back Everyone** - I hope everyone had a terrific summer!
- **Welcome New Guest(s)** – hosted by **Ginnie Wilcox**
  - o **Kevin Holt & Lyle Hundertmark** – **Welcome** to our lodge!
- **Perfect Attendance Certificates** – hosted by **Ginnie Wilcox**
  - o The following members did not miss a meeting last year - Valerie Sparr, Terry Lord, Loyd Wilcox, & Phebe Fricioni. Congratulations.
- **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 cooking.
- **Birthdays** - We recognized the Birthdays for this month – **Terry Lord & Troann Loy.** **Happy Birthday!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **District Convention** – Troann & Phebe attended this year's convention in Santa Rosa. Troann is the new Zone Director in charge of 7 lodges – **Congratulations Troann!**
- **International Convention** - Troann & Phebe attended this year's convention in St Paul, Minnesota
  - o This convention worked to pack 400 hygiene kits for the homeless and sent harvested food to 59 counties.
- **Outreach**
  - o Ronald McDonald House - It would be great for our lodge to sponsor some portion or funds to such a wonderful program.
  - o Our church would **LOVE** for someone to volunteer to **read to the children.**
- **Musical Cultural Skills Program Level 1** – hosted by **Phil Knudsen**
  - o Whaaaat. Six members earned their Music Part 1 pins. The pins are very nice. **Congratulations** to Barbara Shepard, Terry Lord, Valerie Sparr, Flora Morgan, Philip Peterson & Philip Knudsen.
- **Musical Cultural Skills Program Level 2** – hosted by **Luella Grangaard**
  - o Luella came all the way from the Palm Springs area to host today's Music lesson. **Thank You Luella.** We are working towards our 2<sup>nd</sup> level Music pins.
- **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.
  - o **2020 Convention in Norway** – this will be the 125<sup>th</sup> Annual Convention held in Norway about 40 minutes from Oslo. Look for more information and start saving.
- **Our next meeting is October 13, 2018.**
  - o **Teresa Broadhead** will be hosting this meeting.
    - Teresa will tell us more about a composition by Norwegian Expressionist artist Edvard Munch's – **The SCREAM (Skrik).** She will have a fun activity for us to participate in.
- We had our **50/50 drawing** for a total amount of \$44.00. **WOW! Roselyn Scott** was the lucky winner, and has graciously donated her portion back to the lodge. **Thank You Roselyn.**
- The lodge also made \$3 from selling Greeting cards. **Thank You Ms Jeanne.**
- Troann closed the meeting with **"May Peace and Harmony prevail in the lodge"**.

Respectfully submitted: Terry Lord – Secretary

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

Lena and Hilda were having dinner together one night. When it came time for dessert, Lena took the biggest piece of cake.

Hilda looked very surprised and said, *“Vell, Lena dat sure vasn’t very pollite of you! Yew took da biggest piece of cake!”*

*“Vell, what would yew have done?”* asked Lena. *“Vell, I vould have been polite and taken the smaller vun!”* replied Hilda.

*“Vell, vat are yew gripping about?”* Lena asked with a smile. *“Yew have it!!”*

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Did you hear about the Norwegian Pet Rock?

He took his wife for granite - - - So she divorced him!

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Ole was attacked by two muggers. He fought back violently, but after a furious battle they rifled his pockets and came up with 57 cents. At that point, one mugger asked Ole, *“Why did you fight like a tiger for this small change?”* Vell is dat all yew wanted?” Ole asked. *“I vas aftaid you vere after da \$500. dat I’ve got in my shoe!”*

[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***



### **October**

8- Columbus Day

9- Lief Erikson Day

10- Fridtjof Nansen’s 157<sup>th</sup> Birthday

13 – Lodge Meeting –

Program – Munch & the Scream

19-21- **Southern California Kretssteve**

31- Halloween

### **November:**

10 – Lodge Meeting

Program – Weaving & Textiles

### **December:**

8 – Lodge Meeting - Christmas Party

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



### **OCTOBER**

1- Darlene Letnes

2- Kirsten M. Roberts

10 – Judith Bohlen

10- Fridtof Nansen

15- Robin Swanson

24- Drossy Tuggle

24- Martha Green

## **Southern California Kretsstevne – SCK October 19 -21, 2018**

The Southern California Kretsstevne is held at Banning Stagecoach KOA Campground & RV Park. The limited number of on-site RVs/cabins are sold out, but there are motels nearby in Banning. RV spaces are still available. Come for a Saturday day-trip, if you are close. All Sons of Norway members and guests are welcome. Activities include a heritage craft/art activity, a silent auction, a winery side trip, a scavenger hunt, a baking demonstration, and music and singing. Ask your lodge president for the registration flyer or find it on the District Six website, [www.sofn6.org](http://www.sofn6.org).

### **Too Much Chocolate, Not Enough Fish**

*Children in Norway consume too much sugar. They eat too little fruit, vegetables and fish. What do children in Norway actually eat? The University of Oslo (UiO) wanted to find out. Every year, they check the eating habits of kids in 4th grade and 8th grade. The survey is called Ungkost, the young diet. This is the third time that youth food habits have been studied. This also took place in 1993 and 2000. Now experts have determined that Norwegian children eat too much sugar. They eat too little fish, fruit and vegetables. This writes news agency NTB (Norges Telegrambyrå, Norwegian News Agency). Most of the time, they get enough vitamins and minerals. The only thing they lack is vitamin D and iron. 4th graders get 196 grams (7 ounces) of fruit, vegetables and berries every day. The 8th graders get a little less. They eat 187 grams (6.5 ounces). But the experts do not like the kids to eat so little fish. They only eat 24 grams (0.8 ounces) of fish each day*



### **Puffed Apple Pancake Delicious served hot or cold! Submitted by Julie McCormick, Nortun Lodge 1- 016, Duluth, MN**

#### **Ingredients:**

**½ c. butter**

**2 apples, unpeeled and diced**

#### **Batter:**

**6 eggs**

**1-1/2 c. milk**

**1 c. flour**

**3 T. sugar**

**1/2 tsp. salt**

**1 tsp. vanilla**

**1 tsp. cinnamon**

#### **Topping:**

**3 T. brown sugar cinnamon**

#### **Directions:**

**Put a stick of butter (1/4 lb.) in a 12" x 7" glass casserole pan. You can use any shape of a similar size. Place pan in cold oven. Turn oven on to 425 degrees F. Don't let the butter brown! While butter is melting, core 2 peeled apples, and cut up into small pieces. Add apples to melted butter. Next, combine all batter ingredients. Thoroughly mix with egg beaters. Apples should be sizzling and starting to cook in the melted butter. If not, wait a few more minutes. Then take out of oven and pour the batter over cooked apples. Give a quick stir to make sure apples are evenly distributed. Sprinkle 3 Tablespoons of brown sugar evenly over the batter and sprinkle top with more cinnamon. Immediately return to oven and bake for 20 minutes or until the pancake puffs up. Serves 6-8 people. Can be enjoyed hot or cold, and topped with apple sauce or syrup.**



### **Bold Leif Erikson**

October marks the month when famous explorer Leif Erikson is celebrated and remembered for his adventurous spirit. President Lyndon B. Johnson proclaimed October 9 as Leif Erikson Day in the United States in 1964, following congressional approval of a resolution proposed by Minnesota statesman (later Vice President) Hubert H. Humphrey. The official observance already had momentum: Almost 40 years earlier, President Calvin Coolidge had acknowledged the concept that Erikson had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and was established in South Dakota, Illinois, Colorado, Washington and California by 1956. History reveals some fascinating details about the revered adventurer. Erikson was born around 960-970 A.D. in Iceland to Norwegian parents. He traveled to Norway and Greenland, so he is claimed by many, and is referred to as both Viking and Norse. He earned the nickname “Leif the Lucky” after rescuing a crew of 15 shipwrecked Icelanders. Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L’Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway’s King Olav I to bring Christianity to other lands. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland. The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiriksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiriksson. But the American observance uses the more familiar spelling – Leif Erikson. No matter the spelling variances, Leif Erikson’s name evokes the spirit of adventure and calls for a designated day to celebrate the bold and beloved explorer.



A Day of Thanks and Celebration  
Thanksgiving Day in Canada is celebrated on the second Monday of October. Linking back to European traditions of harvest festivals, Canadians use this opportunity to give thanks for good harvest and to celebrate blessings of the past year. Happy Thanksgiving, Canada, from all of us at Sons of Norway.

**HAPPY LEIF ERIKSON DAY**  
**OCTOBER 9, 2018**





Sons of Norway Foundation Month Fall means blazing colors in nature, cooler temperatures, school activities – and, in October – Sons of Norway Foundation Month. Take a moment to learn more about how our members and lodges support each other through grants, scholarships, camperships and more; and how your lodge can be an integral part of giving back to the institution that gives so much to your lodge. Visit [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation) for more info about the Foundation, or contact Foundation Director Corrie Maki Knudson at [foundation@sofn.com](mailto:foundation@sofn.com).

**Pass the Coffee and Keep those Cookies Coming!** Do you know that our newest members tell us over and over that sharing favorite Nordic treats –cookies, lefse, torsk and more –keeps them engaged and looking forward to our next meeting? (Good coffee likely helps, too.) Invite a friend or family member to join you for our next meeting, and let's wow them with the flavors of Norway



Fridtjof Nansen was a Norwegian explorer, scientist, diplomat, humanitarian, and Nobel Peace Prize laureate. In his youth he was a champion skier and ice skater. He led the team that made the first crossing of the Greenland interior in 1888, traversing the island on cross-country skis. He won international fame after reaching a record northern latitude of 86°14' during his [North Pole expedition](#) of 1893–96. Although he retired from exploration after his return to Norway, his techniques of polar travel and his innovations in equipment and clothing influenced a generation of subsequent [Arctic](#) and [Antarctic](#) expeditions. In the final decade of his life, Nansen devoted himself primarily to the [League of Nations](#), following his appointment in 1921 as the League's High Commissioner for Refugees. In 1922 he was awarded the [Nobel Peace Prize](#) for his work on behalf of the displaced victims of the [First World War](#) and related conflicts.

## **AROUND THE DISTRICT:**

### **October . . .**

**Solbakken #6-064- Placentia - on 10-3-18 at 6:00pm**  
"Crazy Hat Night" Pizza dinner

**Peer Gynt #6-022 - Culver City**

**107<sup>th</sup> Anniversary Dinner - call John Aasness (310) 676-5111 for Info**

**The Southern California Kretsstevne - 10-19<sup>th</sup>, 20<sup>th</sup>, & 21<sup>th</sup>, 2018**

**Will again be held at Banning Stagecoach KOA Campground & RV Park.**

### **November . . .**

**Solbakken #6-064- Placentia - on 11-17-18**

**Lutefisk & Meatball Dinner - Call Carl Carlson for info (949) 651-6343**

**Must have reservation, no tickets sold at the door**

**Norrone #6-050 - Van Nuys on 11-9-18 or**

**11- 10-18 Lutefisk Dinner at 4:00pm Cost \$22.**

**First come first serve**

### **December . . .**

**Fridtjof Nansen #6-009 Long Beach - on 12-8-18 at 12:00pm**

**Christmas Julebord**

**Call Troann for more info (714) 928-5975**

**Solbakken #6-064- Placentia - on 12-6-18 at 6:00pm**

**Catered Julebord - Call ?? for info**

**Solbakken #6-064- Placentia - on 12-8-18 at 6:00pm**

**Barnefest - Call ?? for info**



**SONS OF  
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

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

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