

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 89 , 2 Issue

February 2019

### *Ord Fra Presidenten...*

*I want to thank Phil Knudsen for helping us complete our Music Cultural Skill 2<sup>nd</sup> level. He did a great job and it will be fun to get our new pins.*

*Troann has drug me all over So. Calif. to different lodges in Zone 5 from Rolling Hills, Culver City, West Lake Village and Van Nuys. It has been fun to meet all these wonderful Norwegians and see how they run their lodges.*

*It excites me to come back to our lodge with new ideas. This month Johan and Troann our presenting our program about Norwegian animals, you will want to see it. Our members are so important, if you have any ideas or want to help please talk to me.*

*Beste Hilsener (Best Wishes), Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday  
February 9, 2019 at **12:00 pm** at:

Christ Lutheran Church  
6500 East 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!*

***The board is providing Lunch.***

***Johan Olsen and Troann Loy plan an exciting and informative program about Norwegian Animals.***


***Join us we know you will enjoy this program.***



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:	Troann Loy	(714) 963-4830
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

**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 1/12/19

Start time is around 12:05 / called to order @ 1:30 / concluded approx 2:30

- **Velkommen Det Nye Aret - Welcome the New Year - 2019!!!**
  - o **Thank You** to all our **Visitors, Special guests, and Members** for coming today.
- **Blessing & Lunch**
  - o After our Norwegian prayer, we lined up for today's **Yummy Salmon soup provided by the Wilcox's**. **THANK YOU** Other potluck items offered were a variety of salads (green, fruit, bean, slaw, macaroni, & beet), flat bread/croissants, along with desserts. We had Krumkake (by Roselyn), cakes, cookies, sweetbreads, See's candies & donuts. **Yum**
- **Language Lesson** – hosted by **John Olsen**
  - o Today's Language Lesson was focused on Christmas celebrations, snow, and winter wear. **We are so lucky to have you Johan.** 😊
- **Birthdays** - We recognized the Birthdays for this month – **Kirsten Kennedy, Kirk Howe, Valerie Sparr, Erin Flair, & Teresa Broadhead.** **Happy Birthday to All!**
- **Installation of Officers** – Troann explains that officers that are currently serving is a 2-year term. However, we all put on our sashes and took a picture.
  - o **A newly elected officer** for Treasurer is Troann Loy.
- **Music Pin Finale**
  - o Phil K helped us to complete the requirements necessary for our music pins by listening to Johan Svendsen – Festival Polonaise. **Thank you Phil!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Today's announcements**
  - o **Barbara Shepard** has graciously volunteered to support our lodge photo album. **yippee**
  - o The 50/50 winner for today was Teresa Broadhead. Teresa has graciously donated her winnings back to the lodge. **Thank You Teresa.**
  - o Great news - We exceeded our recruitment goals for this year!

- o Our star pin recipient has done it again – **Valerie Sparr**. Congratulations on your 2 pins for the Idrett / walking / hiking / dancing.
- **Save the Date – September 10, 2019 thru September 15, 2019.**
  - o Folk School for Adults @ Camp Norge will have Cultural Skills classes. Music, literature, handanger, Vikings, dancing, rosemaling, carving, & weaving. The cost is \$300 + the cost of your room.
- **Our next meeting is February 9, 2019.**
  - o Bring your **Norwegian sweaters**.
  - o Bring your pennies for Camp Norge; Box Tops for the Church's School, & Tubfrim stamps.
- Troann closed the meeting with "**May Peace and Harmony prevail though out the lodge**".

Respectfully submitted: Terry Lord – Secretary

**Trailblazer was Known for Preserving Svalbard's Nature** Norwegian botanist **Hanna ResvollHolmsen (1873 –1943)** is known for paving the way for women in both academia and polar research. Often working alone, Hanna would take expeditions to Svalbard to study the archipelago and its historic sites and fossils. She crossed glaciers, climbed mountains and walked miles of shoreline to document arctic plants and fossils. Her efforts to preserve nature in Svalbard is why she is recognized as Norway's first nature and environmental conservationist. Hanna was independent, resourceful, passionate and continuously pushed boundaries. She became the first woman to attain a doctoral degree in botany in Norway and the first female lecturer in phytogeography (the study of the geographical distribution of plants). She was also an accomplished photographer, and the first to capture Svalbard's plants in color. Hanna was truly a pioneer for women of her time. As such, she was recently honored through art by Anne-Karin Furunes, displayed at the Fram Centre, Tromsø.

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

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 yust 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 yust took vun bite and vent blind!"

"Ole and Lena were visited by a door to door salesman, Lowell Thompson. He tried to convince them if they bought the big freezer he was selling, they would save enough on food bills to pay for the freezer. Ole responded that they were paying for the house on what they were saving on rent. And they were saving on movie tickets with the price of cable TV." Finally, Ole said, "And we're saving on laundry with the new washer and dryer. So, I guess ve have to say, ve can't afford to save any more right now."

[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***



#### **February**

9- Lodge Meeting  
14-Valentine's Day

#### **March**

9-Lodge Meeting  
Loyd's program on the Viking

#### **April**

13-Heritage Day  
Bring your Norwegian Items to share.

#### **May**

11-Prof. Tonsing will be back from Cal Lutheran College

#### **June**

8-Our 89<sup>th</sup> Anniversary Celebration and great program from Judith Gabriel Vinje

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



#### **February**

5 – Phillip Knudsen  
13-Jeanne Paige  
21-Alfred Dimas  
23-Richard Howell





District Six  
Sons of Norway

Email  
distribution list  
moderators\*  
needed!

If you have a few minutes  
to spare, and can help on  
an ongoing basis ...

Please contact the  
District Six webmaster,  
Bruce Fihe.

webmaster@sofn6.org



**Bring your box tops to the  
meeting.**

**We are supporting Christ  
Lutheran Church's Preschool.**

## Netflix på norsk



Winter months  
are a great time  
to get cozy and  
catch up on your  
favorite TV

shows. For subscribers to Netflix, there  
are an ever increasing number of Norwe-  
gian titles available. Have a look at the  
descriptions of the latest batch of Norwe-  
gian-made films and tv series.

• Maniac / Maniac – TV series - TV-MA  
A nondescript man in a mental hospital  
has an exciting life of adventure and ro-  
mance – in his head. He may be insane,  
or maybe he's just having fun.  
Mindbending, Offbeat, Absurd.

• Norsemen / Vikingane – 2 seasons –  
TV-MA In 790 AD, the Vikings of  
Norheim have a hectic schedule that in-  
cludes pillaging, plundering, enslaving  
others and solving problems with vio-  
lence. Violent, Dark, Period Comedy.

• The Last King / Birkebeinerne – Rated  
R In 1204 as civil war rages, Norway's  
dying king entrusts two warriors to pro-  
tect his infant son against internal forces  
determined to kill the heir. Exciting, Ad-  
venture, Period Piece.

Coming soon ... A new Netflix original  
series from Norway has just started pro-  
duction. "Ragnarok" is the story of a  
Norse god who comes back to life as a  
teenage boy. The six-part series is a  
"mash-up" of Norse mythology and a  
high school drama.



A Heartwarming, Sweet Treat in Norway, heart-shaped vafler (waffles) are served for dessert or as a treat. Why not make them for your loved ones this Valentine's Day or any time soon?

#### Ingredients

- 6 eggs ½ Cup sugar
- 1 Tsp. ground cardamom
- 1 ½ Cup flour
- 1 tsp. baking powder
- Pinch of salt
- 1 Cup sour cream
- ½ Cup melted butter
- 3 Tbsp. butter for frying

Step 1 Mix eggs, sugar, and cardamom together in a big bowl.

Step 2 Add in flour, baking powder, and salt.

Step 3 Mix these ingredients and beat in sour cream and butter until the batter is smooth.

Let the batter sit for about 20 minutes before you begin making the waffles.

Step 4 Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles. Step 5 Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown.

Step 6 Take it out (watch out, it's hot!) and serve it warm.

Step 7 Top with jam, whipped cream, or sour cream. Try different toppings, or make a waffle sandwich.

[https://www.sofn.com/norwegian\\_culture/recipe\\_box/baked\\_goods\\_breads\\_and\\_desserts/vafler\\_waffle](https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffle)

## Researchers Find Large Amounts of Coins, Hairpins and Pearls Under the Floors of Old Churches

Small treasures tell a dark story about Norway's medieval culture. Archaeologists have found more than 20,000 coins, beads and hairpins under the floorboards of old Norwegian stave churches. A total of 10,286 of the coins are from between 1180 and 1320 A.D. In the Middle Ages, there were likely thousands of stave churches in Norway. Today, 28 stave churches remain standing. In addition, Norway probably has a few hundred other churches with roots in the Middle Ages. The coin findings in these churches reveal how widely coins were being used in Norwegian settlements 800 years ago. One gender on either side. In the Middle Ages people stood during church. Only the old and infirm got to sit on benches along the sides. Presumably there was also a clear division between the sexes. Women stood on the north side of the sanctuary and men on the south side. "When we investigated where in the church rooms hairpins, beads and other objects associated with women were located under the floorboards, we found that more than 95 percent were below the north side of the sanctuary," says Svein Harald Gullbekk, an archaeology researcher at the University of Oslo. Thus, Gullbekk confirmed the strict division of medieval churches, where women had to stand on the side that people connected with the dark and cold forces in nature. The men stood on the south side.





Long Beach, CA  
Established – June 5th, 1930

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)

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

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.



The mission of District Six is to support Sons of Norway through communication, resources and opportunities.



# We Need You!

Join us at Camp Norge for the next Work Party Weekend.

**Saturday and Sunday, March 30/31, 2019.**

We are inviting hard working\* volunteers for a fun weekend of teamwork to help get our buildings and grounds ready for a busy summer season.

Projects include: landscaping, light painting, window washing, light repair work, kitchen cleanup, dusting, raking and sweeping, etc.

Even better, meals and lodging are **FREE!**

Lunch & Dinner on Saturday and Breakfast on Sunday are provided for all volunteers.

Please contact Susan Winje today to reserve your room:  
(530) 389-2508 or [susan.winje@campnorge.org](mailto:susan.winje@campnorge.org).



## WORK PARTY WEEKEND

HAPPY  
VALENTINE'S  
DAY ♡



Fridtjof Nansen #6-009 Long Beach, CA

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

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