

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 89 , Issue 3

March 2019

*Ord Fra Presidenten...
Missed seeing you all last meeting but excited to see you at the March meeting.
Hope you are studying your Viking magazine for our quiz that Loyd Wilcox is working on.
We are so blessed and want to share with others.
Don't forget to bring your used stamps for Tubfrim.
Your pennies for Camp Norge and your pop tops for MacDonald's house.
April is our heritage month!
Let me know what you will be bring to display and food to share. We want to make this the best Norwegian Heritage Day ever.
Beste Hilsener (Best Wishes), Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

March 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!

Join us for a Potluck lunch and a great program lead by Loyd Wilcox.

You will need to study your 2018 Viking Magazines.


Will be playing a game with what you know.



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	

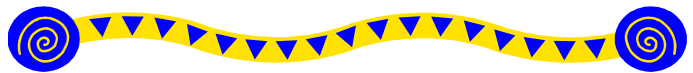


TUBFRIM

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.

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.

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

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 2/9/19

Start time is around 12:05 / called to order @ 1:00 / concluded approx 2:10

- **Velkommen & Thank You** to all our Members for coming today.
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today's lunch provided by the **BOARD MEMBERS**. Ham, scalloped potatoes, bread, salad, beets and desserts galore. **THANK YOU EVERYONE!**
- **Language Lesson** – hosted by **John Olsen**
 - o Today's lesson was focused on the subject matter for today - Norwegian Animals. **THANK YOU John.** 😊
- **Birthdays** - We recognized the Birthdays for this month – **Phillip Knudsen, Jeanne Paige, Alfred Dimas, and Richard Howell.** **Happy Birthday to All!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Topic for Today – Norwegian Animals – Hosted by Troann Loy & John Olsen**
 - o Whales; white arctic foxes; Artic Hares; Red Squirrels that have hair on their ears; Puffins; Red Cows with bush tails; Norwegian Unda Hunds; beautiful Norwegian Gula Brenstahl horses; the always spotted Lynx; and of course Reindeer!
- **Today's announcements**
 - o The 50/50 winner for today was **Ginnie Wilcox**. Ginnie has graciously donated her winnings back to the lodge. **Thank You Ginnie.**
- **Today's Auction winners**
 - o The Petersons – 1 giraffe platter; Phil Knudsen – bag of cumquats; Terry – Viking T-shirt; Martha Green – pie carrier
- **Our next meeting is March 9, 2019.**
 - o Study for the **Viking Magazine** quiz that Loyd Wilcox has prepared for us.
 - o Bring your ideas for the **April Heritage Fair.**
 - o Bring your pennies for Camp Norge; Box Tops for the Church's School, Tubfrim stamps, pop tops for Ronald McDonald House.
- **Save the Date – September 10, 2019 thru September 15, 2019.**
 - o Folk School for Adults @ Camp Norge will have Cultural Skills classes. Music, literature, hardanger, Vikings, dancing, rosemaling, carving, & weaving. **Wow!** The cost is \$300 + the cost of your room (\$16.20 for a bed).
- Troann closed the meeting with “**May Peace and Harmony prevail though out the lodge**”.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

A Pastor goes to the dentist for a set of false teeth. The first Sunday after he gets his new teeth, he talks for only five minutes. The second Sunday, he talks for only ten minutes. The following Sunday, he talks two and a half hours.

The congregation had to mob him to get him down from the pulpit and they asked him what happened.

The Pastor explains the first Sunday his gums hurt so bad he couldn't talk for more than five minutes. The second Sunday his gums hurt too much to talk for more than 10 minutes. But, the third Sunday, he put his wife's teeth in by mistake and he couldn't stop talking.

Ole is stopped by the police at 2 a.m. and is asked where he is going at this time of night. Ole replies, "I am on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asks, "Really? And just who would be giving that lecture at this time of night?"

Ole replies, "That would be my wife Lena."

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



March

9 – Lodge Meeting

10 – Daylight Saving Time Begins



17 – St. Patrick's Day

20 – Spring Begins



This Month's Birthdays. . . Gratulerer Med Dagen



March

8 – Sylvi Olsen

9 – Andrea Marshall

10 – Lyman Lokken

11 – Victoria Gammer

15 – Roselyn Scott

15 – Kirsten Loumeau

TO: DISTRICT SIX MEMBERS WITH EMAIL
FROM: YOUR DISTRICT SIX PRO, Kaye Wergedal
IF YOU ARE NOT RECEIVING YOUR VERY OWN COPY OF THE SUPER SIXTH DISTRICT NEWSLETTER, DELIVERED TO YOUR EMAIL INBOX, PLEASE CONTACT OUR DISTRICT SIX WEBMASTER, BRUCE FIHE AT webmaster@sofn6.org AND ASK TO BE ADDED TO THE "ALL MEMBER" EMAIL DISTRIBUTION MAILING LIST.

Did you know... 8 in 10 Americans say family is most important to them, yet only half have life insurance? Be sure your family has the protection they need. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.



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



Norwegian Cheese Claims Top Prize in 2018 International Competition The annual World Cheese Awards—known as the largest cheese-only competition on the planet— has been bringing together cheese lovers around the globe for over three decades. The recent 2018 competition was particularly exciting for Norwegians as it not only took place in Norway for the first time ever, but was also a home win for the local Norwegian cheese producer Ostegården. Out of the record breaking 3,472 cheeses from 41 countries that participated in the past year's competition, Fanaost, an aged Gouda-style cheese, came out on top. This champion cheese took nearly 12 years to produce and was made on a small Norwegian farm of just 12 cows. The event took place in Bergen in partnership with Hanen, a local organization promoting the best that the Norwegian countryside has to offer. With the increasing popularity, pride and knowledge in Norwegian food culture and traditions, timing played a wonderful role in this year's win.



Liv Ullmann Celebrated on Her 80th birthday
Actor and director Liv Ullmann is known throughout the world. Sunday she turns 80 years old. She'll be given a proper celebration. Prime Minister Erna Solberg is among those who will pay tribute. Liv Ullmann is one of Norway's international stars. As an actor she has been nominated for an Oscar twice. She has not won the highly regarded statuette, but she has received many other awards, both as an actor and director. Liv Ullmann has lived abroad for years. But there has never been any doubt about her home turf. The newspaper Dagbladet recently visited her in Florida in the U.S. The journalist asked her if she still feels Norwegian. "Oh, yes! I have traveled a lot, at times. But Norway will always be my home. Always," she said. Ullmann played her first role in the Rogaland Theater in 1957. Then she played the girl Anne Frank. She became known through the role of Nora in the play "A Doll's House," but then she became a film actor. Ullmann played in 10 films directed by Ingmar Bergman. Ullmann is also very popular in the United States. She played in several shows on Broadway, the theater street in New York. Later she has played in even more international films. She directed her first film in 1992. It was called "Sofie."



FAREKAL

1 lb. lamb chunks on the bone	Dried
rosemary	
1 medium cabbage	1 beef stock
cube	
2 cloves garlic	2 dollops
of butter	
1 onion	Water
2 medium carrots	Server: 2
2 medium new potatoes	
1 Tbsp whole peppercorns	

Directions

Step 1

Chop the onions, carrots and cabbage into bite sized pieces. Chop the potatoes into large pieces. Mince or crush the garlic.

Step 2

In a large pot melt one dollop of butter and sauté the onions until they turn transparent. Add the garlic and lamb chunks and sear the lamb.

Step 3

Once the lamb is seared add the peppercorns and rosemary; cook for 3-5 minutes. Add the carrots, cabbage and potatoes and stir.

Step 4

Cook until the potatoes and carrots are slightly softened, approximately 5-10 minutes.

Step 5

Fill the pot with enough water to cover 2/3 of the ingredients, crumble the stock cube and add the remaining dollop of butter.

Step 6

Bring to a boil and then simmer covered for 2 hours, stirring occasionally.



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

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.



Oslo Ranked 2nd Healthiest City in the World Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10. While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas. Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. In total, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit spotahome.com/healthiest-cities-world.



ON SUNDAY MARCH 10, 2019



Fridtjof Nansen #6-009 Long Beach, CA

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www.sofn6.com

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March 2019 ISSUE