

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 89, Issue 4

April 2019

Ord Fra Presidenten...

Our Norwegian Heritage Day is here. Come to our April meeting with your Norwegian items to share.

Please put your names on your items. We need all of you to come help set up and clean-up. If you can come at 11:00am.

As a lodge we are getting involved in our community through charities. For Easter we want to donate items to the Long Beach Rescue Mission. They need the travel size soap, shampoo, tooth paste, etc. They would like socks too. Bring them to our April Meeting.

Don't forget to bring your used stamps, your pennies and pop tops. beste hilsener(best wishes) Phebe



SONS OF NORWAY

Our next meeting is on Saturday

April 13, 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 every one of all ages. You do not have to be Norwegian!

It is time for our Norwegian Heritage Day.

Bring your Norwegian items to share, put your name on each item. Invite your friends and family. It will be a great day to learn about Norway. Food will be provided by the board.


WE ARE ASKING EVERYONE TO BRING NORWEGIAN COOKIE FOR DESSERT.



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

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 3/9/19

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

- **Velkommen & Thank You** to all our Friends & Members for coming today. We had a GREAT turnout of **23 strong** and it's the largest attendance so far this year! Let's keep it rolling and have a larger turn out for our Heritage Fair in April.
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today's Potluck lunch. Lots of yummy meats, sides, salads, and desserts. **THANK YOU EVERYONE!**
- **Language Lesson** – hosted by **John Olsen**
 - o Today's lesson was focused reading materials – like books & magazines etc. **THANK YOU John, we are so lucky to have you.** 😊
- **Birthdays** - We have lots of Birthdays for this month – **Sylvi Olsen, Lyman Lokken, Victoria Gammer, Kirsten Loumeau, Andrea Marshall, and Roslyn Scott. Happy Birthday to All!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Topic for Today – Viking Magazine Quiz – Hosted by Loyd Wilcox**
 - o Thank You Loyd for hosting this quiz. It was fun to review the last 12 issues of the Viking Magazine stories & events.
 - o Did you know the Peace Prize is held in Kristiania (now Oslo) Norway? Swedish businessman Alfred Nobel left behind a fortune. He declared that a committee of 5 persons be established to award the person(s) who has done the best work between the nations and spreading peace.
- **Today's announcements**
 - o The 50/50 winner for today was **Flora Morgan**. The lodge will split the \$41.00 raised. **Congratulations Flora!**
 - o Phil K returned the music forms for some additional updates.
 - o Do you want to read to the Christ Lutheran Church daycare kids? If yes, please let any board member know.
- **Our next meeting is April 13, 2019.**
 - o Bring your items for the **April Heritage Fair**.
 - o We have a lot of volunteers bringing Norwegian items to display. We will also have an auction.

- o Wear your Bunad, Viking hats, jewelry, boots, sweaters and make this a fun event. Grab a couple of people to share in the fun.
- **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

Archaeologists Find Over 9,000 Year-Old Nut in Sykkylven

Archaeologists in Møre og Romsdal are very pleased with a discovery they made in Sykkylven this summer - a 9100 year-old hazelnut. “The nut was partially burned. So either there was a fire in the area, or someone roasted nuts here about 9,000 years ago,” county curator Bjørn Ringstad told Sunnmørsposten. The nut was found during archaeological surveys on the Bakke Islands in Sykkylven this summer, on a site where a new school will be built. “We also found nutshells in one of the fire pits at the excavations in Auremarka. Then we found a whole pit full of burnt hazelnut shells. But we have not determined their age yet,” he says. The nutshell found in the Bakke Islands was analyzed by a laboratory in the United States. Ringstad says it is a fun find, which proves that hazelnuts have grown on the discovery site for several thousand years – all the way back to the Stone Age.

A Bit of Humor:

Little Ole and Little Lena sneaked into a very famous art museum one day. They starred for a long, long time at a very abstract painting. Finally, Little Lena nudged Little Ole and said, *“Little Ole ve better get away from here quick . Dey vill tink ve did it!”*

Hilda and Lena were attending a dance. During intermission they were having a good visit. *“Da dance floor is really crowded tonight”* said Hilda. *“Uff-da! It sure is!”* replied Lena. *“An hour ago I fainted and I had to dance around for ten minutes before I could find a place tew fall down!”*

“Ole, dew yew tink I vill live tew be vun Hndred?” asked Lena one day. *“Vell not if yew stay twenty-two much longer, dear!”* replied Ole.

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



APRIL

1 – April Fool’s Day

13 – Norwegian Heritage Day
Lodge Meeting

21 – Easter

May

11- Syttende Mai Celebration

This Month’s Birthdays. . . Gratulerer Med Dagen



April

6 – Kristin Spaberg

19 – Barbara Shepard

20 – Ardelle Stenson

24 – Loyd Wilcox

27 – Drake Swanson

28 – Brook Swanson

30 – Cleone Hatwan

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 in box, please click on the following link: <https://sofn6.org/distribution-lists/> to add yourself to the "SUBSCRIBE" - All Member Email Distribution Mailing list. OR GO ONLINE TO www.sofn6.org · Click on the "RESOURCES" tab · Then click on the "DISTRIBUTION LISTS" TAB · Then go to "ALL DISTRICT SIX MEMBERS" LINE · And click on "SUBSCRIBE" to add yourself to the distribution list. Mange takk! Kaye Wergedal, PRO



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.



Upcoming Events: 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.

The 68th Rosemaling Seminar at Camp Norge is coming April 27 - 29, 2019. The flyer and registration form can be seen or downloaded here: <https://www.campnorge.org/site/rosemaling/MemorialDayatCampNorgeMay25through272019>. A variety of fun activities for everyone to enjoy!

<https://www.campnorge.org/site/memorial-day/TrollfjellFolkehogskule> will be June 23 through July 6, 2019 for students 14 to 17 years old.

<https://sofn6.org/arv/trollfjell-folkehogskule/> Camp Trollfjell will be July 7 through July 20, 2019 for campers 8 to 13 years old.

<https://sofn6.org/arv/camp-trollfjell/> 2019 is Camp Norge's 60th Anniversary! So keep a look out for news and announcements about our celebration. We are holding a Grand Banquet on Saturday, August 31st, (Kretstevne weekend) at Camp.

Camp Oldfjell will be September 10 through September 15, 2019.

<https://www.campnorge.org/site/camp-oldfjell/>

Time is Running Out!! Youth Half Camperships Available for District Six Members

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. This year Trollfjell Folkehøgskule will be from June 23-July 6, 2019 and Camp Trollfjell will be from July 7-20, 2019. The amount of the half camperships for 2019 is \$450.00. The application form is available on the District Six Website. **All applications must be received by April 15th.** Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256.

It is time to sign up for 2019 camp!!!

Fish Waste to Power Cruise Ships

A new initiative will use green energy to power ships in Norway. Norwegian company Hurtigruten plans to convert at least six of its cruise liners to use biogas made from fish waste by 2021. Converting the ships to use this fossil-free fuel will reduce greenhouse gas emissions and help efforts to eliminate pollutants. The reason for using fish waste is due to Norway's high number of fishery sectors and access to high volumes of organic waste, placing Norway in a great position for the biogas market. The ships will also use large battery packs capable of storing energy produced from renewable sources. In addition to using biogas, Hurtigruten will be banning single-use plastics to create environmental sustainability. Hurtigruten's numerous efforts will help decrease the ships' negative impact on the environment and will be a solid step toward environmental preservation. To learn more about Hurtigruten's efforts in going green, visit <https://www.hurtigruten.com/us/press-releases>

Tiny Almond Pies



Top off your Easter supper with this tasty dessert, laced with delicate almond flavor.

Ingredients For the dough:

Scant 2/3 cup unsalted butter

1 cup flour, sifted

1 egg yolk

3 ½ Tbsp. cold water

1 Tbsp. cognac For the filling:

1 ¼ cups ground almonds

1 cup sifted confectioner's sugar

3 egg whites, lightly beaten Recipe Step

1 Divide the butter into three pieces of equal size. Crumble one piece into the flour.

Step 2 Whisk the egg yolk into the water and add. Knead lightly and form into a square. Wrap in plastic and refrigerate 30 minutes. Let the remaining butter rest at room temperature. Sprinkle the baking surface with flour. Roll the dough out into a thin rectangular. Spread half the remaining butter over 2/3 of the dough.

Step 3 Fold over the plain section, then fold over the other section with butter, like a business letter. This forms a rectangle with three layers of dough and two of butter. Roll into a rectangle and fold into thirds again. Refrigerate 30 minutes.

Step 4 Roll out the dough and spread with the remaining margarine. Fold into thirds, roll out again and fold into thirds. Refrigerate the dough for 30 minutes. Preheat the oven to 200° C (400° F). Grease sandkake (small fluted pie) tins.

Step 5 Roll the dough out into a 2 mm thin sheet. Cut into circles slightly larger than the diameter of the tins. Press into the tins.

Step 6 For the filling, combine almonds with powdered sugar and egg whites. Place about 1 ½ teaspoons of filling in each form.

Step 7 Cut out 8 mm (1/3") strips of dough and arrange in an "x" over the filling. Tuck the ends between the filling and the crust.

Step 8 Bake on a baking sheet on the lowest oven shelf about 20 minutes. Makes 12-14 **cakes**. This recipe is taken from "The Norwegian Kitchen" which is available for purchase through the Vesterheim Museum Bookstore: (800) 979-3346 or www.vesterheim.org.



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

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.



5 Things Norwegians Do For Easter In Norway, Easter is a time for family and leisure.

1. Travel to the cabin

Easter is prime time for leisurely activities in picturesque landscapes. Many people go to their cabin during Easter, The cabin is almost sacred for most Norwegians, as it represents a special place to relax and enjoy the simple life.

2. Crime time

An important part of the holiday is “påskekrimmen”. Easter without a good crime series on TV and/or crime literature

3. Go skiing (a lot)

Norwegians tend to spend Easter on skis, whether it's downhill or cross-country.

3. 4. Quizzing

Norwegians love trivia and competing. In addition, Norway is one of the countries in the world with most newspaper readers. Every magazine and newspaper usually run special Easter editions..

4. 5. Hunt for Easter eggs

Looking for Easter eggs filled with candy hidden!



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