

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 89, Issue 5

May 2019

### *Ord Fra Presidenten...*

*I WANT TO THANK EVERYONE WHO HELP at the April Lodge meeting. It is always nice when we all work together to get the job done.*

*May is ahead of us and it is going to be a fun filled Lodge meeting. Professor Tonsing is coming back with his wonderful history lesson. He is asking us "What dos a dancing, wood Camel in Jerusalem have to do with Norway"? He is going to tell us. Lunch will be potluck but we will be serving hot dogs/sausage in Lumpe. This is a tradition in Norway on Syttneide Mai. Johan and Phil will have a presentation of Syttneide Mai celebrations in Norway.*

*Remember at our June meeting we will be collecting travel size sundry items to give to the homeless. Our Lodge will turn 89 on June 5, 2019. We are so blessed, we want to take this opportunity to reach out to the community.*

*Beste Hilsener (Best Wishes), Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

May 11, 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!*

***We will have Professor Tonsing share with us again. We will have a Syttneide Mai Celebration***

***We will be having hot dogs/sausage in Lumpe (Norwegian bun)***


***This is a big tradition in Norway.***



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	

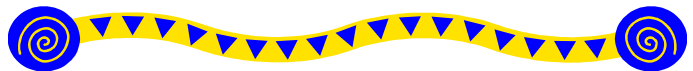


**TUBFRIM**

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.**

## Bokmål Dictionary and the Nynorsk Dictionary are now an App

The Bokmål Dictionary and Nynorsk Dictionary have been launched as an app. The dictionaries are definition and spelling dictionaries that show the current official spellings for Bokmål and Nynorsk. The dictionary app is called the Ordbøkene [The Dictionaries], and it can be downloaded both for Android through the Play Store and for iOS through the App Store. Since 2016, the two dictionaries have been owned and developed jointly by the University of Bergen and The Language Council of Norway. “The Bokmål Dictionary and Nynorsk Dictionary are the most important sources of official information about how Norwegian words should be written, how they can be used, and what they mean. They have long been readily available as digital and regularly updated dictionaries. Now they are also available to everyone in the app Ordbøkene, which can be used without internet access. The app is important because it conveys knowledge of spelling and inflection to even more users,” says Åse Wetås, spokeswoman for The Language Council of Norway. Updated continuously the dictionaries are updated continuously with current spelling conventions. When you look up a word, you’ll find definitions, usage examples, inflection and etymology. “It is crucial for us that information about good and correct Norwegian is easily accessible to all users of Norwegian in Norway and elsewhere in the world. Now that the dictionaries will be available on several platforms, we can reach even more users,” says Åse Wetås.



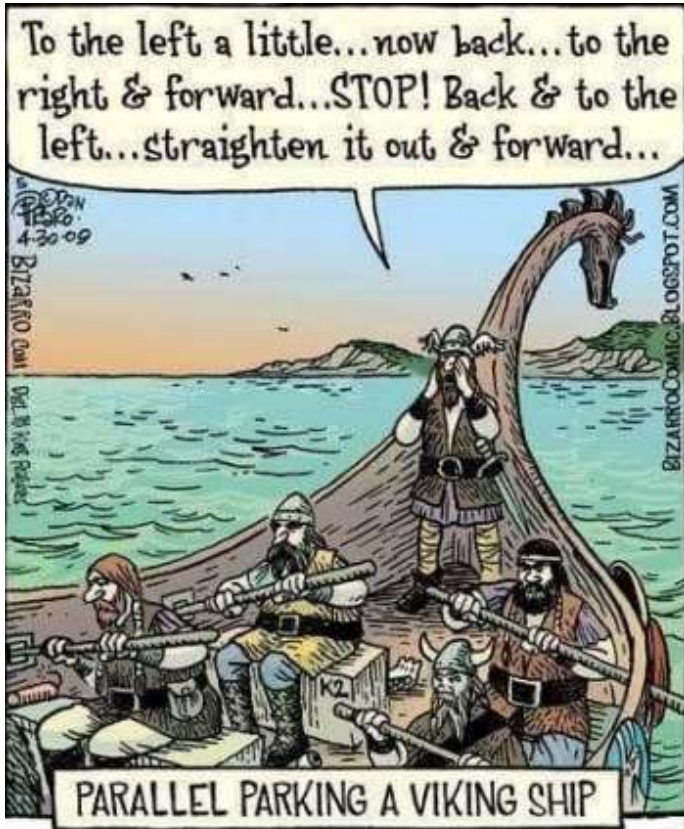
## A Mysterious Fortress on the Oslo Fjord

A woman named Mantelgeisten appears out of the darkness in a long robe. Prison chains rattle. Screams of horror and torture linger from the dungeons. Known to be the most haunted castle in Norway, Akershus Fortress attracts more than three million visitors every year, some hoping to experience the mysterious sensations.

Built in the late 1290s by King Haakon V as a defensive stronghold for the city of Oslo, Akershus Fortress has undergone several transitions through the centuries. It was once used as a prison for Norway’s most infamous criminals and during World War II, Nazis occupied the castle and conducted executions there. There have been reports of ghostly guards standing near their posts and then disappearing, and if you spot the spirit of very large black dog, legend says you will pass away by a violent death.

The fortress is home to the Norwegian Armed Forces Museum, Resistance Museum and Prison Museum. To learn more about Akershus Fortress, visit their [official website](#).

## A Bit of Humor:



## Kalendaren – Calendar



### MAY

- 11 – Lodge Meeting
- 12 – Mother's Day
- 18 – Armed Forces Day
- 27 – Memorial Day

### JUNE

- 8 – OUR LODGES' 89<sup>TH</sup> ANNIVERSARY CELEBRATION

## Life happens in a heartbeat

While nothing can replace you, having life insurance could help make sure your family is okay if something happened to you. Ensure you have the proper coverage in place. Contact your Financial Benefits Counselor today, or call Sons of Norway at 800-945-8851.

[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



### May

- 9 – Phebe
- 22 – Anna

**CHANGE OF ADDRESS:**

Ada Soberg  
9080 Bloomfield Ave. #187  
Cypress, CA 90630

**Special Upcoming Events happening  
with our Zone 5 lodges:**

May 11, 2019 – Norrona Lodge –  
Celebrating their 75<sup>th</sup> Anniversary!

June 7, 2019 – Norseman Lodge –  
Celebrating their 90<sup>th</sup> Anniversary!

September 14<sup>th</sup>, 2019 – Ivar Aasen  
Lodge – Celebrating their 90<sup>th</sup>  
Anniversary!



**Calling All Cooks**

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at [sonsofnorway.com](http://sonsofnorway.com). For a chance to be featured, simply email your recipe to [jkohlhofer@sofn.com](mailto:jkohlhofer@sofn.com). Feel free to include a high-quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.



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

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



Terry Lord has been working hard on getting us new shirts for our Lodge with our Logo on it. I looks like this nylon blue shirt. See Terry for sizes and price. It will be fun to show up as a group showing our pride in our Lodge.



### **Moose Truce Declared**

The debate is over. The controversy over which city could claim the tallest moose sculpture was settled by Fraser Tolmie, mayor of Moose Jaw, Canada, and Linda Otnes Henriksen, deputy mayor of Stor-Elvdal, Norway, by signing a “moosarandum” on March 6. Canada wins for tallest moose, but Norway takes the prize for the most attractive moose. Mac the Moose, a 32-foot-tall sculpture in Moose Jaw, was the tallest moose sculpture in the world until a shiny Norwegian sculpture named Storelgen was built standing at 33 feet. For Canada to reclaim its title, it will have to do some cosmetic enhancements to Mac the Moose’s antlers. The friendly rivalry has gained a lot of positive global attention for Canada and Norway. Both towns have seen a boom in tourism since starting the debate and now have future plans on creating a children’s book series that includes Mac the Moose and Storelgen. Going forward, one thing is sure: Both towns will continue to take pride in their respective moose mascots. To see pictures of Mac the Moose and Storelgen, visit <http://bit.ly/picturesofthemoose>.



### **Syttende Mai 2019:**

**Let the Celebrations Begin** It’s time to strike up the band, wave the flag and display Norwegian pride as Syttende Mai festivities take place on May 17 in hundreds of cities in Norway, North America and the world. Parades will be organized and draw thousands of participants; copious amounts of ice cream will be consumed; and bunads will abound in a swirl of color and activity. Children figure prominently in the events, especially in leading the parades. Initially, dating back to 1869, only boys were allowed to march. The girls’ participation was not far behind – within 20 years they, too, enjoyed waving their flags as the parades wove through the streets of Norway and beyond. Grilled sausage, Wienerpølser (wiener sausage) and regular hot dogs are so popular on May 17 that retail grocers have reported a huge bump in sales on the holiday. “Eat what you like” is the mantra for the day, and indulging in that manner is a big part of the celebrations. Enjoy the day, no matter how you choose to celebrate. **Happy Syttende Mai to all!**



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)

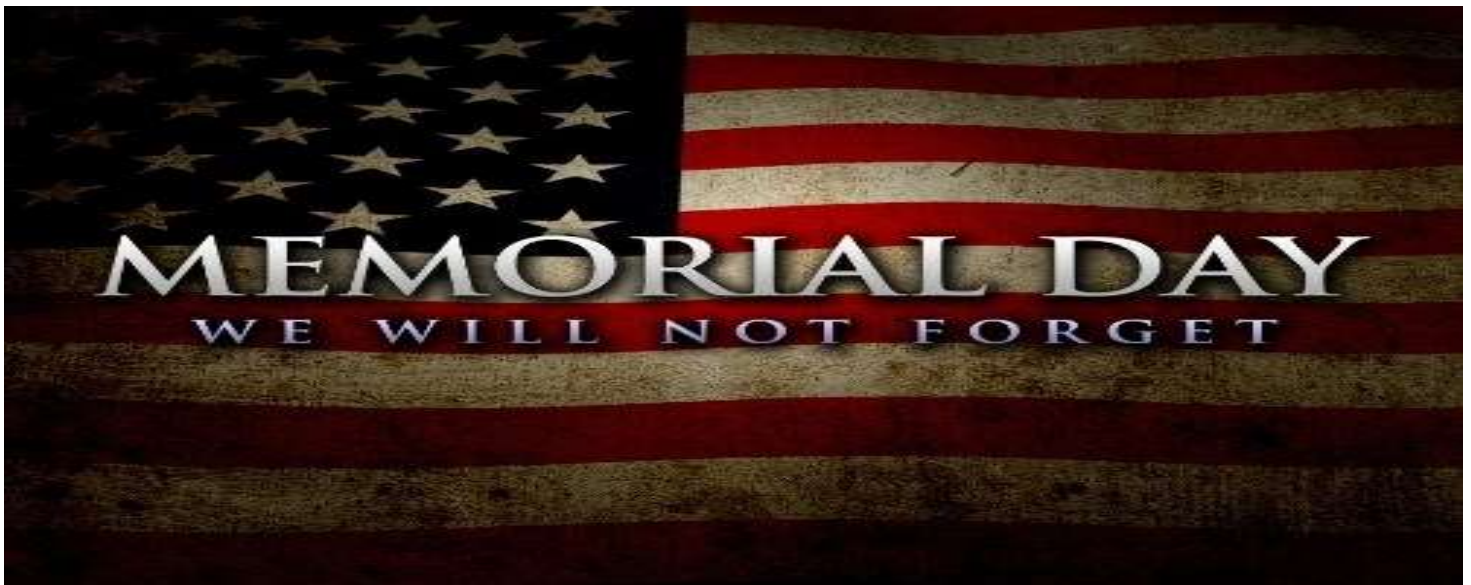
**Save the Date** September 10–15, 2019 Camp Norge Camp Oldfjell  
Folkehogskule for Voksne (**Folk School for Adults**) Cultural Skills classes  
and more E.g. music, literature, hardanger, Vikings, etc

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.



Fridtjof Nansen #6-009 Long Beach, CA

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

[www.sofn6.com](http://www.sofn6.com)

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