

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 89, 6 Issue

June 2019

### *Ord Fra Presidenten...*

*May was a great meeting with a wonderful presentation from Dr. Tonsing, and Johan & Phil's presentation on Syttende Mai.*

*June is the last meeting for our summer break so come and join us for our 89<sup>th</sup> Anniversary event. Judith Gabriel Vinje will be there for a presentation. We will have pin presentation. We will have a potluck for lunch. Bring a dish you want to share. Remember at this meeting we will be collecting travel size sundry items to give to the Long Beach Mission. Bring what you can.*

*Beste Hilsener (Best Wishes),  
Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

June 8, 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!*

**June 8<sup>th</sup> is OUR LODGES' 89<sup>TH</sup> ANNIVERSARY  
CELEBRATION**

**Join us for a great celebration!**


**It will be a potluck lunch bring a favorite dish.**



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	

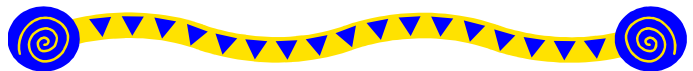


**TUBFRIM**

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**

**Minutes for May 12, 2019**

**Phebe called the meeting to order and welcomed all the attendees. We all recited the Norwegian prayer and then enjoyed the potluck lunch provided by the members. As part of the meal we had hot dogs in the tradition of the Syttende Mai celebration.**

**Following lunch and fellowship we sang the National Anthem and made our Pledge of Allegiance.**

**Four birthdays were recognized: Cleone Hatwan, Phebe Fricioni Barbara Shepard and Loyd Wilcox.**

**Our guest speaker, Professor Ernest Tonsing from Cal Lutheran, was introduced. His topic was ' The American Colony in Jerusalem.' We were all surprised to learn the extent of Scandinavian influence in Israel years ago. They were part of the American Colony and contributed in many positive ways. Calvinist and evangelist, Dwight Moody, was an integral part of the movement. The Scandinavians carved lots of wooden sculptures of animals which raised money for those they were serving. The Lutheran Church of the Redeemer was built in Jerusalem. 'It Is Well With My Soul' was written by Horatio Spafford who founded the American Colony and worked closely with Moody. So much history.**

**Our next guest was Pat Kelly, Financial Benefit Counselor for Sons of Norway. He reviewed the benefits of investing with the SofN products and the security in doing so. Pat is always available to assist our members with their financial questions and decisions.**

**Our monthly language lesson, presented by John Olsen, was focused on Syttende Mai. As always, he said we passed! John also provided**

**some information about Syttende Mai being celebrated in other countries as well as here in America. Parades and hotdogs being the focal points.**

**Following this, Phil Knudsen presented information about the various cities in the USA who celebrate Syttende Mai with big events and gatherings. He provided websites and other information for those who wished to glean more information.**

**Counselor, Troann Loy, closed the meeting.**

**Our next meeting will be at noon on June 8, 2019.**

**Respectively submitted,  
Barbara Shepard - Acting Secretary**



**Welcome New Friends in 2019!**

**Please invite daughters, sons and friends of Norway to join as new members. We can share our friendship, culture and heritage as we get to know one another. Plus: Recruiting members will be recognized with the limited edition 2019 recruiter pin. Please include your member number on any join form you give to a prospective member, so you get the credit AND beautiful pin, you deserve.**

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

A Little Humor Ole and Sven were drinking buddies who worked as aircraft mechanics in Minneapolis and one day the airport was fogged in and they were stuck in the hangar with nothing to do. Ole said, "I vish ve had somethin ta drink!" Sven says, "Me too. Y'know, I hear ya can drink dat jet fuel and get a buzz. Ya vanna try it?" So they pour themselves a couple of glasses of high octane hooch and got completely smashed. Next morning Ole woke up and is surprised at how good he feels. In fact he feels GREAT! NO hangover! NO bad side effects. Nothing! The phone rang. It was Sven who asks "How iss you feelin dis mornin?" Ole says, "I feel great. How bout you?" Sven says, "I feel great, too. Ya don't have no hangover?" Ole says, "No dat jet fuel iss great stuff -- no hangover, nothin. Ve oughta do dis more often." Sven agreed."Yeah, vell, but dere's yust vun ting." Ole asked, "Vat's dat?" Sven questioned, "Haff you farted yet?" Ole stopped to think. "No " "Vell, DON'T, 'cause I'm in Iowa."

[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***



### **June**

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

16 – Father's Day

21 – Spring Begins

### **July and August**

**NO MEETING**

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



### **June**

11 – Katrina Hagen

15 – Patricia Lampe

30 – Laura Innes

### **July**

2 – Tuyla Karkut

18 – Roni Loin

20 – Alexander Plog

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

June 5, 2019 – Solbakken Lodge  
Celebrating their 66<sup>th</sup> Anniversary!

June 7, 2019 – Norseman Lodge –  
Celebrating their 50<sup>th</sup> Anniversary!

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



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.



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

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

Exchange student

To the district 6 newsletter editors, my family will be hosting a Norwegian exchange student this upcoming school year and there are two other Norwegian students who are in need of a host family in California. I am attaching their profiles to this email. The regional coordinator is Sandra Whitehead, email [whiteheadsandra48@icloud.com](mailto:whiteheadsandra48@icloud.com). Would you be willing to post a message regarding this opportunity?

We are very excited about this, not just because we are Norwegian, but I know first hand how impactful this year will be for the student and my family. I was active in the Roald Amundson lodge in my high school years and a Norwegian exchange student was my best friend senior year. He and I are still friends and his host family and him still communicate regularly. It really is a unique opportunity. I will be getting our membership active and taking our student to some of the wonderful SN events.

Tusen Takk

--

Troy Tandy  
Refrigeration Innovation





## Motor to Alberta to Embrace Your Nordic Roots

If on a summer road trip in Canada and you find yourself near Red Deer, Alberta, hit the brakes and stop by the charming Laft Hus Museum, which is housed in a hand-crafted log building that exudes hygge and is home to an array of intriguing historical artifacts. The building is modeled after a typical Norwegian 17th century farm home and was hand-built by devoted volunteers. Since 1984 the building has been located in Red Deer's Heritage Square. The museum offers public programs and classes that can be tailored to specific needs and interests. Topics may include folklore, crafts, Norwegian history and more. The museum's annual festival is June 15 and will feature Viking reenactments, Scandinavian dancers, lots of children's activities and tasty foods. A fall bake sale is a popular fundraiser for the museum; check out their website for more information. Hours: June-August Tuesday-Saturday, 9am-5pm; Sunday 12-5pm. Admission: Free (\$5 suggested donation) Location: 4402-47 Avenue Red Deer, Alberta  
More information:  
[www.norwegianlafthussociety.ca](http://www.norwegianlafthussociety.ca)

## A Slightly Different Town

On the Svalbard Islands of Norway lies the northernmost town in the world. Longyearbyen is a former coal mining town, but has since transformed into a cultural and commercial center. What makes Longyearbyen so unique isn't just its location, but the few strange laws that the residents must abide by. The most bizarre law might be that it is illegal for the dead to be buried in Longyearbyen due to the sub-zero temperatures. If a death does occur, the body is taken to the mainland. A woman also cannot give birth in the town; an expectant mother must go to the mainland to deliver her child. Cats are banned from the city in order to protect Arctic birds. Residents are required to carry a firearm when traveling outside of the settlement, but it is illegal to have a loaded firearm within the town. It is also customary to remove one's shoes when entering an establishment, even in the museum and church. These are only a few of the quirky facts about Longyearbyen. To learn more, visit <https://en.visitsvalbard.com/visitor-information/destinations/longyearbyen>





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.

**Norwegian Knekkebrød:** Enjoy this flavorful and easy to prepare treat. Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

**Ingredients:**

- 1 cup whole wheat flour
- 1/3 cup flax seeds
- 2/3 cup rolled oats
- 1/3 cup sunflower seeds
- 2/3 cup hazelnuts (ground)
- 1 1/2 tsp salt
- 1 cup water

**Directions:** Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes. Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam. Find more of Christopher's recipes on his blog at <https://www.pumpernickelandrye.com/>



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

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2019 ISSUE