

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 89, Issue 7

September 2019

Ord Fra Presidenten...

I hope you had a great summer. My sped bye but I am ready to start our Sons of Norway meeting. At our Sept. meeting is going to be great learning more about Fridtjof Nansen.

Bring any Norwegian cook books to share recipes. October will be a Norwegian potluck.

Long Beach Mission thank us for all the items we donated to them. They will be able to use all them.

It is not too late to sign up for the Southern California Kretsstevne in Banning, CA. I have the application if you are interested. Med vennlig hilsen (Best Regards), Phebe



SONS OF NORWAY

Our next meeting is on Saturday

September 14, 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!

John and Phil have a great program for us about our name sake Fridtjof Nansen.

What an amazing man come and understand why we take pride in him.


Our Lunch will be provided by the board.



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	

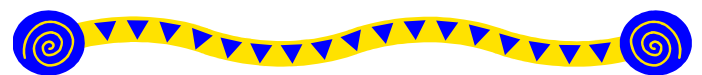


TUBFRIM

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

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 6/8/19
Start time is around 12:00 / concluding approx 2:05

HAPPY BIRTHDAY TO US, HAPPY BIRTHDAY TO US, HAPPY 89TH ANNIVERSARY FRIDTJOF NANSEN!!!!

- **Thank You So Much Miss Barbara** for taking such wonderful notes last month in my absence.
- **Blessing & Lunch** - After our Norwegian prayer, we lined up for today's lunch. Yummy salmon, meatballs, egg casserole, salad, fruit, deviled eggs, ham, bread, cookies, jello, pie, brownies. What a spread!
- The meeting was called to order @ 12:45 pm.
- We sang the National Anthem promised our Pledge of Allegiance
- **Birthdays –Valerie Sparr, Katrina Hagen, Patricia Lampe, Laura Innes** 😊 **Happy Birthday to All!**
- **Language Lesson was hosted by John Olsen.** We are so lucky to have you John & Sylvi!
- **What fabulous participation!!!! Look at all these awards....and CONGRATULATIONS to All!**
 - **Longevity Pins – 5 years = Alex Hamagishi / 10 years = Jeanne Paige-Peterson / 25 years = Ada Soberg**
 - **Music Pins awarded to Valerie, Phebe, Terry, Troann.**
 - **Awards for Perfect Attendance = Phebe Fricioni, John Olsen, Valerie Sparr, Troann Loy, Jeanne & Phil Peterson, Loyd & Ginnie Wilcox**
- **Welcome Special Guest Judith Vinje and her presentation on the Vikings**
 - It's always interesting, exciting, and pleasurable to have Judith come visit with us. Today she started her Viking presentation on the Lindisfarne Raid, (June 8, 793), where the Vikings raided the monastery of Lindisfarne (Holy Island), off the northeast coast of England at Northumbria. It sent shockwaves throughout Anglo-Saxon England and the Christian West and which is popularly cited as the beginning of the Viking Age in England.
 - Borre National Park in Vestfold County (close to Oslo), archaeologists using ground penetrating radar found new images of a Viking ship like the famed Oseburg excavated in 1904.

- Judith also told us about shield maidens, Borgrings in Denmark, Leif Erikson & L'Anse Aux Meadows. Judith also recommends getting a copy of Nat Geo's Viking issue. There is a lot of great information in this issue.
- Ribe Denmark is the oldest town in Denmark and where the Viking's ruled 1300 years ago. There is a Ribe VikingCenter that will take you back in time to experience what life was like. The Viking's biggest trade items were reindeer antlers. The Danes would make combs out of the antlers.
- **Today's announcements**
 - Phil K announces that the Norwegian National Team beat Nigeria. Woo hoo!
 - Teresa Broadhead won the 50/50 drawing and selected the Tea strainer. Martha Green won half of \$27.00 and graciously donated the winnings back to the lodge. **Thank You Ladies!!!**
 - We collected personal hygiene items & socks for our Vets.
 - 9:00 Every Tuesday (here at the church) you can join in the fun and make quilts for the homeless.
 - The 3rd Thursday of the month, join Phebe when she reaches out to the Vets Outreach program. They play Bingo @ 5:45.
 - Ronald McDonald House in Long Beach – join Phebe July 6th @ 6:00
- **Our next meeting is September 14, 2019.**
- **Save the Dates**
 - **September 10, 2019 thru September 15, 2019** - 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).
 - **April 2020** – We are planning an Open House. The invitation will be blasted on social media, so we need to be prepared for a large crowd.

“May peace and harmony prevail throughout the lodge” by Troann
Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Lena told her friend, Inga, that she had a new diet. She explained that she was to eat only foods beginning with the letter "A". A month later, Inga called on Lena and found that she was as plump as ever. She asked about the diet on foods beginning with "a". "Vell," said Lena, "It ain't vorking too good so far. Today I had A pie, A turkey, A beef roast, A cake, and A chicken."



Lars and Ole met at the corner café.
"I just got a new dog form my wife, Lina!"
Ole declared. "Vell dot's gun, Ole!" replied
Lars. "Sounds like a real great trade!!"

www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.
Tusen Takk to Roni Lion for keeping our
Website running.

A Bit more Humor:

Lars likes to show his old home movies. . . especially the ones of his wedding. His favorite part is when he runs the film backwards and he comes to the pat where he's still single.

Ole and Torvald were sitting together at the Sons of Norway meeting. Observing Donna, thee secretary, walking in Ole said, "Say, ya know, dat Donna is da sat of da earth."

"Yah," said Torvald with a smile, "and she's got a cute little shaker, too."

Ole asks, "Before day invented golf balls, how did dey measure HAIL"?

This Month's Birthdays. . . Gratulerer Med Dagen



September

21- Asa Soberg

24 – Linda Dicken

28- Troann Loy

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 will get the credit AND beautiful pin, you deserve



Good morning!

The STS Foundation, a non-profit high school exchange program is looking for a host family for a 17 yr-old female student from Norway for this coming school year. Darya LOVES kids, politics, and music. I am asking you to please notify the members of your lodge of this unique opportunity to share your love of Norway and your love of the United States with a young woman who wants to experience life in our country, for a school year.

If you or any one of your lodge members are interested, please contact me, with contact information, and why they would like to be a host family for Darya, and I will pass that information on to STS.

Mange takk for your prompt attention to this request.

Kaye Wergedal, PRO

Sons of Norway - District Six



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.



Oslo Loves Hot Dogs

For Norwegians, no soccer game or national holiday is complete without a couple of hot dogs in lompe with ketchup, mustard and crispy onions. It is most common to serve hot dogs in lompe: a flat, soft pastry made from potatoes. On its own it is a little dry, but together with the hot dog they make a perfect flavor combination. The hot dog stand also has a rich tradition in Oslo. It was the place you stopped to pick up a classic snack after work or on the way to or from a party. In the old days, it seemed like there was a hot dog stand on every corner, but today there are very few left of the small booths that used to define the cityscape. Eventually, it became difficult and harder to compete with larger chain stores, with their wider offerings and longer opening hours, and most had to close.

Loved by The Guardian But some have held their ground, and Erlend Dahlbo and his Syverkiosk on Alexander Kielland's Square is one of them. Syverkiosken has become a symbol of old Oslo. Syverkiosken is a popular destination for hungry people throughout the day. Last year, the kiosk was mentioned in the British newspaper The Guardian, which described the hot dogs as "at once comforting yet also deliciously spiced." It was his father who taught Erlend everything he knew to make the perfect hot dog. The trick? A secret broth that is boiled before the hot dogs are added. He jokingly refuses to reveal what the successful recipe consists of. Some secrets must be kept. Whatever toppings you prefer: mustard, ketchup, crispy onions, dressing, bacon, and relish, be assured that there is a hot dog for you!



Pølse med Lompe Directions

Step 1 Follow our recipe (below) for making Lomper, or Small Potato Cakes.

Step 2 Use your favorite style of sausage, brat or hot dog for the filling. Grilled, boiled or fried — they all taste amazing on fresh lompe.

Step 3 Dress it up – add your typical brat or hot dog fixings. Try out something new — you could add sauerkraut, cole slaw or salsa

Lomper – Small Potato Cakes

Ingredients

2 lbs. potatoes

1 tsp. salt

1 ¼ cups, approximate, barley flour

Recipe

Step 1 Boil unpeeled potatoes. Peel, and twice grind, rice, or mash while still warm, until potatoes are smooth and elastic, thus requiring less flour. Add salt during this process, rather than adding it to the water, it increases the elasticity of the potatoes. The more elastic the potatoes, the better the lompe. Cool.

Step 2 Add flour to a small portion of potatoes at a time, stir just enough to make a firm, easily handled dough. Making a lot of dough at once and leaving it stand may cause the dough to become sticky. Cut off slices with a sharp knife. Press these down lightly with the back of your hand, and finish rolling out with grooved rolling pin into 3-4" rounds. Doing it this way one requires less flour. Brush off all excess flour before baking.

Step 3

Place lompe on medium hot lefse or other griddle and turn often with a pliable spatula. Prick any bubbles that form while baking. When done, they should be light in color with large, brown spots.

Step 4

If the griddle is too hot, lomper will remain raw inside; if too low, they will be hard and tough. Allow them to dry out for a few minutes, then wrap in a clean towel and cover until ready to be served. They are tastiest when used immediately. They can be served with butter and sugar, or with sharp cheese. As for me, it will always be pølse med lompe.



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.

Southern California Kretsstevne – SCK

SAVE THE DATE

October 25 -27, 2019

The Southern California Kretsstevne will again be held at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of Hwy 10 in Banning, 25 miles west of Palm Springs. The camp is on level ground at low elevation. A limited number of on-site RVs/cabins will be available for rent. Bring your own RV or tent. Motels are nearby, as well. Southern California Kretsstevne is a weekend of Norwegian Heritage and fellowship. All Sons of Norway members and guests are welcome. Activities may include a heritage craft/art activity, a silent auction, wine tasting, a food demonstration, and music and singing. Join us for fun and fellowship. Request the registration form from your lodge president.



Fridtjof Nansen #6-009 Long Beach, CA

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www.sofn6.com

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