

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 89, 8 Issue

October 2019

### *Ord Fra Presidenten...*

*Fall is here and maybe the heat is leaving, Yea! Thank you to John and Phil for their hard work and presenting a great program on Fridtjof Nansen. Don't miss the October meeting. We will have a guest speaker from Peer Gynt Lodge, Eleonora Nyren. She will be presenting a Dala Horse program.*



*Our lunch will be a potluck.*

*Our November meeting should be informative and fun. John and Sylvi are going to present a program on Cheese making and smoking meats of Norway.*

*I talked a little bit about our 90<sup>th</sup> Anniversary Celebration in June 2020. We need your ideas to make a help make a great event.*

*Med vennlig hilsen (Best Regards),  
Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday  
October 12, 1920 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!*

*We are going to have a special program on  
Dala Horses. It will be presented by a Peer  
Gynt member – Eleonora Nyren*


*Lunch will be a potluck bring a Norwegian  
dish if you can. If not bring a dish you enjoy.*



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 Frizioni	(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 Frizioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

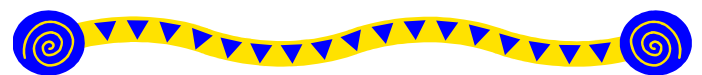


**TUBFRIM**

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 from Fridtjof Nansen Lodge meeting of 9/14/2019 –

Meeting started at 12:15 pm

Phebe introduced Doreen Wendell, a bridge friend of hers, who was visiting today. She is joining our Lodge.

Jeanne Peterson introduced Linda Cimbalk visiting. Welcome to both of you.

After we said the table prayer we commenced to eat the delicious spread. Ham featured prominently, along with quiche, several salads and Of course, lots of desserts.

While we ate Phil put on a video about the Fram Museum in Norway. It is an interactive museum dedicated to Fridtjof Nansen's and Roald Amundsen's polar explorations.

Phebe called the meeting to order and we sang the Norwegian National Anthem and Star Spangled Banner (we missed you, Loyd, we had to do it a cappella). After that we said the Pledge of Allegiance.

Terry Lord is having some health problems, so we sent around a card for everyone to sign and sending her good wishes from all.

Troann Loy was our birthday girl in attendance – we hope you have a wonderful year.

Phebe also mentioned our Lodge's 90<sup>th</sup> anniversary will be in June and ideas are already in the works.

John gave us our language lesson. The words were all associated with the Fridtjof Nansen presentation he and Phil would be presenting today.

Fridtjof Nansen was born in 1861 and died in 1930. He was an explorer, a scientist, and a humanitarian who tried to improve life of Norwegians and all of humanity. As a student he studied zoology and was able to go on the expedition where he studied sea currents and ice floes. His goal was to reach the North Pole but never made it. He did much, much more. After World War 1 he was appointed commissioner for refugees to try to repatriate them. In 1922 he won the Nobel Peace Prize. Many thanks to John Olsen and Phil Knudsen for telling us about this remarkable man.

The 50/50 drawing raised \$29.00. It was won by Theresa Broadhead who donated it back to the lodge.

Phebe and Troann both encouraged us to hunt for and try Norwegian recipes.

Troann said the Sons of Norway website had lots of choices.

Troann ended the meeting wishing, "Peace and harmony throughout the lodge."

Meeting ended at 2:15 pm

Respectively submitted, Valerie Sparr



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

OLE WAS driving a wagonload of wheat to town when a wheel was caught in the ditch and overturned. Sven saw it and came out to inspect a little.

"Hey, Ole," he called out. "I'll help you turn the wagon back over and fill it up again. But I'm about to eat dinner. Why don't you come and have dinner with me? Then we'll go to work."

"Thank you, Sven," Ole answered, "but I don't think Lena would like me to."

"Oh, come on!" Sven insisted.

"OK," Ole finally agreed, "but Lena won't like it."

After a hearty dinner, Ole thanked his host. "I feel a lot better now, but

I know Lena's going to be upset," he said.

"Don't worry so much," said Sven. "By the way, where is she?"

"Under the wagon," said Ole.

## ***Kalendaren – Calendar***



9 – Leif Erikson Day

**Leif Erikson**



*The Man Who Didn't Get Lost.  
But, didn't get any credit either.*

12 – Lodge Meeting

Program will be about the Dala Horses

14 – Columbus Day

31 - Halloween



# **SONS of NORWAY**

**Celebrating 125 Years**

1895-2020

[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***



OCTOBER

- 1 Darlene Letnes
- 3 Kirsten Roberts
- 9 Lief Erickson Day
- 10 Fridtjof Nansen
- 15 Robin Swanson
- 24 Martha Green
- 24 Drossy Tuggle
- 27 Alexander Hamagishi



## Newly Released Translation of Norwegian Books:

Many Norwegian books are being translated into English and are available online or in bookstores or in libraries. Visit <https://www.sofn.com/blog/newly-released-translations-of-norwegian-books/>

utm\_source=Sons+of+Norway&utm\_campaign=c3cba73c27-EPost-08-2019&utm\_medium=email&utm\_term=0\_c5ffaf3d10-c3cba73c27-58051183 to learn about a few 2019 releases now available in the United States and Canada. Any of the books listed in that article may be used toward earning a Cultural Skills Pin for literature.



## Viking History Comes to Life

Tucked away in the fjords of Norway is a small town called Gudvangen that hosts a real-life Viking village, complete with real-life Vikings. Bringing in thousands of tourists every year, the village of Njardarheimr provides an authentic experience showing how Vikings lived 1,000 years ago. The community was built using traditional methods with only local materials found throughout the fjord. Ironwork is handmade by an experienced blacksmith and the food court serves dishes that are cooked in a pit, smoked or spit roasted. The village also has an undisputed king, Georg Olaf Reydarson Hansen, who for the past 20 years has worked to establish this Viking settlement. Around 40 Viking reenactment groups in Norway are active participants in the village and help provide an unforgettable experience for visitors. To learn more, visit <https://www.uk.vikingvalley.no/>



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

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

## Most of us still eat dinner at home

What did you eat yesterday? When, where and with whom? And who made the food? This is what researchers have asked Norwegians, Swedes, Danes and Finns about 15 years apart. First in 1997, then in 2012. Now the book that summarizes the findings has come out: *Everyday Eating in Denmark, Finland, Norway and Sweden*. It was launched at Oslo Met. Those who expected us Norwegians to have rejected traditional dishes in favor of exotic foods from other continents or that we eat either standing up or out at restaurants were wrong. Our eating habits are remarkably stable. One of the few, clear changes is that men make dinner to a greater extent. It is also more common for us to cook together. Nordic cakes on the outs Other changes can be summarized as follows:

- Water has replaced milk for lunch and dinner
- Meat dominates at dinner
- We eat more vegetables
- On weekends we eat less regularly
- More are going out to restaurants
- More are eating unstructured and less healthy
- Cakes are out, snacks are in

Meat still dominates for dinner, and vegetables are on the rise. Eating vegetarian dishes for lunch is much more common than before. Norwegians typically use ground meat for spaghetti with meat sauce, tacos and pizza. Chicken is also very popular, both roasted and in dishes inspired by other cultures. In Norway we eat more fish than in the other countries. Fish of various kinds is still popular, especially in Norway and Denmark. A total of 13,000 inhabitants in the four countries were surveyed, of which 8,000 were in 2012.

## For the Joy of It

With gifted young athletes such as Martin Ødegaard, Ada Hegerberg and Jakob and Henrik Ingebretsen, Norway seems to have the formula down for producing world-class athletes. Is this discipline and drive to succeed a product of cutthroat training regimens and a lifetime of stiff competition? In fact, the exact opposite is true. Rather than coaxing youth athletes toward greatness in a single sport from an early age, Norway's national sports organization (Norges idrettsforbund) promotes *idrettsglede for alle*, or the "Joy of Sport for All." With an emphasis on inclusiveness, low program fees, and each child's right to choose their sport(s) and level of involvement, 93% of Norwegian kids participate in organized sports activities. Scores are not allowed to be tallied before kids turn 13. The idea is to emphasize the beneficial aspects of sport: good health, camaraderie and overall well-being. Sons of Norway members also can enjoy the benefits of an active life while earning pins through the Sports Medals Program. Visit [sonsofnorway.com](http://sonsofnorway.com) or contact [sportsmedals@sofn.com](mailto:sportsmedals@sofn.com) to get involved.





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.



**Come enjoy our program on Dala Horses!**



Fridtjof Nansen #6-009 Long Beach, CA

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

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