

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, 1 Issue

January 2020

Ord Fra Presidenten...

What a great meeting we had in Dec. Our Nisse arrived with gifts for all. Tusen Takk Johan Olsen. Thank to everyone who brought food. It was a delicious meal.

Now you want to come to our January meeting. You ask why? We will be celebrating the 125 years of the Sons of Norway. Then there will be a presentation about the Norwegian Stave Churches.

You also need to me thinking about if you would like to be a delegate to the 2020 District 6 Convention in Mesa, AZ. We will be voting soon.

Finally thank you for all the people agreed to be on your board again. Best Regards, (Med vennlig hilsen) Phebe



**SONS of
NORWAY**

Celebrating 125 Years

1895-2020



**SONS OF
NORWAY**

Our next meeting is on Saturday
January 11, 2020 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!

January Lunch will be a Potluck.

*The program will be presented by Troann
Loy on Norwegian STAVE churches.*


*We will also be celebration the 125th
Anniversary of the Sons of 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.

**2020
Officers**

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Barbara Shepard	(714) 655-5507
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	

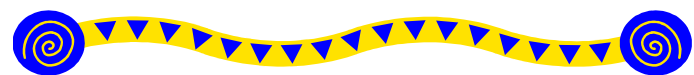


TUBFRIM

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

Fridtjof Nansen Lodge
#6-009 12/14/2019

We arrived at our meeting hall to find it beautifully decorated for Christmas.

The meeting opened with the Norwegian prayer. This was followed by a wonderful lunch provided by the board. Included were several authentic Norwegian dishes.

Phebe called the meeting to order and we sang the National Anthem and recited our Pledge of Allegiance.

There were 16 members and 7 guests/visitors in attendance. Jeanne introduced our guests who were warmly welcomed.

John presented our language lesson and cautioned us it may be a little difficult. The theme was Christmas, New Years, traditions and winter weather. He provided pictures of this special season in Norway where snow is almost always guaranteed. We surprised John by learning the lesson and doing the pronunciations correctly. Once again we passed the test.

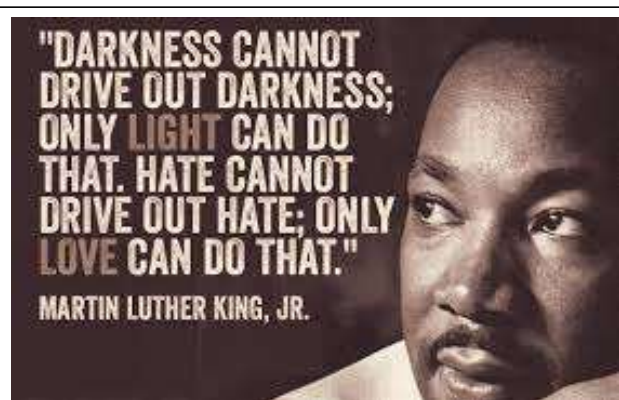
Phebe introduced the new officers for 2020-2021. Phebe - President, John - Vice President, Barbara - Secretary and Troann - Treasurer. The vote was unanimous by white ballot.

As part of our Christmas party a large table full of rubber stamps and decorating supplies was provided for those who wanted to make cards or make holiday decor.

We had a visit from our favorite Nisse, giving gifts to all. Thank you Johan.

We were fortunate to have Drury Ann Wisdom join us as our piano player keeping us entertained with Christmas music throughout our meeting. We then had a Christmas Carol sing along and we sounded quite good! As per our tradition we joined hands and sang around the Christmas tree. This is always fun as we enact the lyrics as we sing and walk around the tree. The meeting was closed with Troann wishing the lodge peace and harmony.

Respectively submitted,
Barbara Shepard
Secretary



Borgund Stave Church

Join us January 11th at our Lodge Meeting for our Program on Stave Church.

A Bit of Humor:

"Vat gas mileage dew yea get vit yer new car?" Sven asked his friend ole.

"Vell, I get four miles to do gallon. My son gets da udder tventy." Ole replied.

"Is your wife, Lena economical?" asked Sven.

"Oh, Ya," said Ole, "sometimes she is economical. Yust last night she had only tventy nine candles on her fourtieth birthday cake."

Pete and Teena just couldn't get along. Finally they ended up in the divorce court and Teena was Pete with mental cruelty so severe that she has lost 30 pounds. "Divorce Granted!!" said the judge.

"Oh not yet," Teena replied. "First I vant tew lose anudder ten pounds!"



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



January 2020

1 – New Year's Day

11 – Lodge Meeting

20 – Martin Luther King Jr. Day

February 2020

8 – Lodge Meeting

12 – Lincoln's Birthday

14 – Valentine's Day

17 – Presidents' Day

This Month's Birthdays. . . Gratulerer Med Dagen



JANUARY

10 – Erin Flair

16 - Valerie Sparr

27 – Teresa Broadhead

28 – Kirk Howe



Fun Fact #1

Sons of Norway was organized as a fraternal benefit society by 18 Norwegian immigrants in Minneapolis, Minnesota.



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

Fish Au Gratin

A. INGREDIENTS

2 Tbsp. margarine
3 1/2 Tbsp. flour
2 dl (3/4 cup) full fat milk
salt
freshly ground white pepper
ground nutmeg
5 dl (2 cups) flaked cooked fish
2 eggs
1 1/2 dl (2/3 cup) breadcrumbs
1 Tbsp. butter

B. DIRECTIONS

a) Step 1

Preheat the oven to 160° C (320° F).

b) Step 2

Melt the margarine and add the flour. Gradually whisk in the milk and seasonings. Bring to a boil, whisking until thick. Stir in the fish. Beat the egg and stir into the mixture.

c) Step 3

Grease a 1 liter (1 quart) ovenproof dish and sprinkle bottom and sides with breadcrumbs. Pour the fish mixture into the prepared dish. Smooth the top with a rubber spatula, sprinkle with breadcrumbs and dot with butter. Place a cloth towel in the bottom on an oven tray. Place the dish on the towel (to keep it from moving). Add water to reach halfway up the sides of the dish. Bake 25 minutes.

d) Step 4

Serve with melted butter alongside chopped hard-cooked egg and coleslaw.



OUR CHRISTMAS PARTY WITH GREAT FOOD AND FUN!
Singing around our Christmas tree and our very own Nisse came with gifts for everyone.





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.



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Celebrating 125 Years

1895-2020



Fridtjof Nansen #6-009 Long Beach, CA

www.nansenlodgelongbeach.com

www.sofn6.com

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