

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, 2 Issue

February 2020

Ord Fra Presidenten...

Hello everyone! It is so much fun being a Norwegian at our Lodge. We have so many talented members from our lodge and other lodges who share Norwegian culture with us. A sad note I have to share is one of our teachers over the years has passed away Judith Gabriel Vinje. She taught us Norwegian weaving, Rune letters and a great Syttende Mai program. We send our condolences to her family. We will miss her. Make sure you have put our 90th Anniversary Celebration, it will be on Saturday June 6, 2020. Then let me know how you can help the planning committee.

*Med vennlig hilsen
(Best Regards), Phebe*



SONS OF NORWAY

Our next meeting is on
Saturday February 8, 2020

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!

Ginnie Wilcox will present Star Spangled
Banner and Notable American
Norwegians


Lunch will be potluck.



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

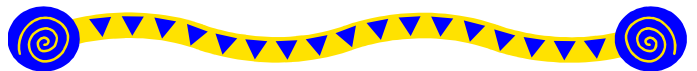


TUBFRIM

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.

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.

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

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

January 11, 2020

We started our meeting with the table prayer and then headed to the food tables. It was a delicious lunch of with ham, meatballs, chicken, salads, parmesan bread, and lefse. The dessert table had cookies, brownies, cakes, and rice pudding.

Phebe called the meeting to order at 12:55 pm.

Phebe passed out "Save the Date" flyers for our 90th Anniversary on Saturday June 6, 2020. She asked for voluntaries to help with the planning of our event.

We then sang the Star Spangled Banner, the Norwegian national anthem, and recited our Pledge of Allegiance. After Birthdays were acknowledged, John presented his language lesson which dealt with Stave churches. He maintained that we passed his test.

Troann gave a presentation on Stave Churches. They are made of wood and include both early Norse and Christian décor. During the middle ages there were over 1000 churches, but now there are only 28 left. Most were built between 1150 and 1350 A.D. Norway became Roman Catholic but after the Reformation Norway became a Lutheran country. The churches are painted on the outside with creosote to protect them from the elements. The creosote is made from charcoal. Many of the churches were refurbished in the 1800s' 1900s' and 1950s. There are 3 reproductions of Stave churches in the United States. They are museums and used for special events and do not hold regular church services. Thank you Troann for the interesting information on these unique Norwegian buildings.

Phebe said our lodge would need 3 delegates for the Mesa, AZ convention. Wanted everyone to think if they can go. She's also looking for volunteers to help with our 90th anniversary party.

Phil Knudsen passed out recruitment awards to Troann Loy and Jeanne Paige.

The 50/50 drawing was won by Teresa Broadhead. She donated her money back to the lodge. Twelve facts about the Sons of Norway's history were read by different members. We learned a lot about our organization.

We then went to a back table and drank a toast and ate cake in commemoration of the Sons of Norway's 125th anniversary. Taking pictures to send to the Viking magazine. Troann ended the meeting with, "May peace and harmony prevail throughout the lodge."

Substituting Secretary, Valerie Sparr



DID YOU KNOW... Many of our newest members say YOU are the reason they are loving their new membership. They share what they enjoy about Sons of Norway: • "Community, friendly, great people" • "Fun activities, nice people, and quality programs" • "It's a great group that share a common interest" • "Friendly, community oriented"

Keep up the great work welcoming new members to our Sons of Norway family!

A Bit of Humor:

Poor Lena! She found herself involved in a car accident! . . . and she had to appear in court.

"Now, Lena, what gear were you in when the accident occurred?"

asked the prosecuting officer?

"vell," said Lean, "I vas vering a beret, two tone shoes and a grey flannel suite."

Save the Date

Sept. 19 – 22, 2020

At Camp Norge

Camp Oldfjell Folkehogskule for Voksne (Folk School for Adult)

Cultural Skills classes and more, i.e.; tablet weaving,

literature, hardanger, klosterson, and more.

Look for the registration information in the next Cultural News in March, 2020

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



FEBRUARY 2020

2 – Groundhog Day

8 – Lodge meeting

12 – Lincoln's Birthday

14 – Valentine's Day

17 – President's Day

MARCH 2020

8 – Daylight Saving Time Begins

14 – Lodge Meeting

Phil Peterson and Loyd Wilcox will present Land Travel in Norway.

Lunch will be provided by the lodge.

This Month's Birthdays. . . Gratulerer Med Dagen



FEBRUARY

5 – Phillip Knudsen

13 – Jeanne Paige

21 – Alfred Dimas

56 – Richard Howell

Flying Wind Turbines Show Promise in Norway Tests



A new flying wind turbine was tested off the coast of Norway recently, with promising results for the future of offshore wind power generation. Floating wind turbines already exist, but they are unusable in many ocean areas because the water is too deep. The new technology, which uses a kite-like design tethered to a buoy, could dramatically expand the potential for offshore wind-power generation.

If they prove to be successful, the turbines could be of particular interest to Norway as it eventually seeks to replace its current exports of oil and gas with more sustainable sources of energy.

News about District Six Language and Heritage Camps for 2020

Trollfjell Folkehøgskule for youth age 14 through 17 is June 28 to July 11.

Camp Trollfjell for children age 8 through 13 is July 12 to 25.

On the last three days of Camp Trollfjell (July 23, 24 and 25), we will have a Vining Village set up in the meadow. The Sjørvaldar Vikings will be teaching our campers how people lived their day to day lives during the Viking era. Our campers will also be learning some Viking era crafts. You can learn more about Sjørvaldar Vikings here:

<https://www.sjorvaldar.com/>.

We do not want the parents left out of this Viking experience, so rather than just coming to pick up your campers on Saturday as usual, we are inviting you come Friday afternoon and spend the night with us.

Online registration for Camp Trollfjell and Trollfjell Folkehøgskule is now open.

Registration forms, staff applications forms and more information about these programs can be found on our website [at https://arv.sofn6.org/](https://arv.sofn6.org/).

<https://arv.sofn6.org/>.

Don't forget to check with your lodge and apply for any camperships that they may offer. Applications for District Six Camperships are now available on the District Six website at <https://sofn6.org/scholarships/>.

Camp Executive Director - Bruce Fihe

Camp Program Director - Rebekah Strand



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

Congratulations!

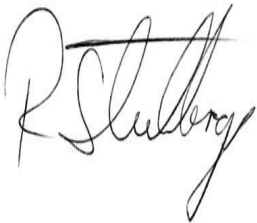
Fridtjof Nansen Lodge, 6-9 met
the 2019 new member
recruitment goal.

Thank you for giving a warm welcome to the 5,985 newest members of our Sons of Norway family.

It's only fitting that as we begin our exciting 125th anniversary year I have outstanding news to share with you: In 2019 you not only helped Sons of Norway *reach* the goal of 3,900 new members set by the International Board, *you blew past it*. With **5,985 new members in 2019**, we ended the year **53% above goal**.

Thanks to your support and enthusiasm **Fridtjof Nansen Lodge** is one of **112 lodges** meeting their goal. Meeting the goal means your lodge will receive a special prize package in a few weeks. It includes:

Thank you for welcoming new members to your lodge and sharing the warmth of our Sons of Norway family. I look forward to sharing more good news with you as we grow in 2020 and beyond!



Fraternally,

Ron Stubbings
International President



3 Tips for Preserving Cherished Family Heirlooms

No matter their condition, it is a joy to display your heirlooms and share the memories they evoke. Here are a few tips on caring for your heirlooms:

1. Keep heirlooms out of bright sunlight and away from heat sources to avoid fading.
2. Clean surfaces gently, using soft cloths. • Dust wooden furniture and apply a beeswax-based polish up to twice a year. Clean painted wooden items with a damp cloth, then wipe dry. Avoid silicone polishes and abrasive or ammonia based cleaners on wood, silver, pottery, or painted/gilded glass. • Clean pottery with a soft sponge. Wash silver in hot soapy water, then dry and buff.
3. Vintage textiles are too delicate for the gentlest machine wash. • Water may damage silk or wool items, and wet embroidery can bleed dyes. Spot cleaning may be your best option. Always test a small area first. Experts recommend a gentle, neutral-pH detergent like Orvus Paste for cleaning old fabrics. • Old stains and yellowing may be impossible to remove. To minimize discoloration, use cotton bags and avoid storing textiles in plastic bags or containers.



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

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.

FACEBOOK PAGE

Thanks to our new member Brad Madiuk – Fridtjof Nansen Lodge has a Facebook page. Yea! Check it out and enjoy. Here's the Facebook page: <https://www.facebook.com/longbeachsofn>

Any suggestions let me know.



SONS OF NORWAY

Fridtjof Nansen #6-009 Long Beach, CA

www.nansenlodgelongbeach.com

www.sofn6.com

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