

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, 3 Issue

March 2020

Ord Fra Presidenten...

Here we are going to celebrate St. Patrick's Day, this month everyone is a bit Irish. Does that also mean we are a bit full of the blarney? HA!

An IMPORTANT event is coming up. I need everyone's help. Our lodge is signed up to make dinner for the Ronald McDonald's House; on March 31, 2020 at 4:30 pm. This is a great opportunity for our Lodge to reach out to our community. We will be making dinner for the families that are staying there while their child is being treated at Miller's Children Hospital. Sign up with me.



*Best Regards, (Med vennlig hilsen)
Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

March 14th 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!

The March meeting will be an interesting one!

Norway is a progressive country in every area so our program will be very interesting. Loyd Wilcox and Phil Knudsen are presenting a program on the highway and byways of Norway.


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.

**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	

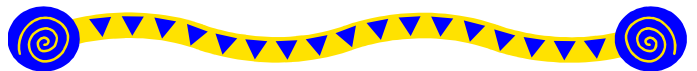


TUBFRIM

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

A Bit of Humor:

Little Ole was having a bit of trouble with arithmetic in school so he had a little talk with Ole. Little Ole Complaind, "Sure, arithmetic is easy for you. You figure in your head. I have to use da computer."

******Little Ole's teacher scolded him, saying. "You can't sleep in my class."***

Replied Little Ole, "If you didn't talk so loud, I could."

A Bit of Humor:



Kalendaren – Calendar



March

- 8 – Daylight Saving Time Begins
- 14 – Lodge Meeting
- 17 – St Patrick's
- 19 – First Day of Spring

Recruit a New Member and Be Recognized!
Please invite daughters, sons and friends of Norway to join as new members. When you recruit a new member and include your member number on the join form, you'll be awarded this beautiful 2020

Recruiter Pin.



This Month's Birthdays. . . Gratulerer Med Dagen



March

- 8 – Sylvi Olsen
- 9 – Andrea Marshall
- 10 – Lyman
- 11 – Victoria Gammer
- 15 – Kirsten Loumeau
- 15 – Roselyn Scott

www.nansenlodgelongbeach.com

Check out our website. . .

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

Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, "simply because the occupant was a woman," according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated "There are so many other burials in the Viking world...It wouldn't surprise me at all if we find more [female warriors]."



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.



Convention "Celebrating Our Roots"

Logistics

Where do you get information on convention?

Your District Secretary, Nancy Madson will be sending information to elected delegates. Also the many articles that have been published in the District Newsletter AND are posted on the Convention website, <https://2020.sofn6.org/site/>

What is the name of the hotel? Sheraton Mesa Hotel at Wrigleyville West.

What is the street address? 860 N Riverview, Mesa, AZ 85201

How do I make reservations? You can click on the following link to make reservations

Online: [Book your group rate for DISTRICT SIX SONS OF NORWAY](#)

Call:

This is the number for Reservations - 800-627-7468

The Group Code is -: DI1053

The Group Name is -: DISTRICT SIX SONS OF NORWAY

The Mini Hotel Cod is -: DAC

What is the cost per night? Our Sons of Norway special room rate is \$105 per night for a double plus tax and local fees.

Is there a deadline for room reservations at the special rate? YES! Monday, May 18th..

Is there transportation to/from the airport? YES! The hotel has a free shuttle.

Is there a cost for parking? NO! The hotel has free parking.

Am I going to learn a lot? YES

Am I going to be part of the future of Sons of Norway? YES



REQUEST FOR NORWEGIAN COOKIES

Hello District Six Lodge Members,
One of the fine traditions of our conventions is the Norwegian cookies or pastries at all coffee breaks. During these breaks, we share ideas, greet old friends, and meet new friends as we delight in Norwegian baked goods.

We are requesting your help in providing the large number of cookies that our delegates, guests, and visitors so thoroughly enjoy. Consumption of fifty dozen cookies at each of the coffee breaks is typical.

Cookies must be authentically Norwegian (or Scandinavian) and be home-baked, which is in compliance with the caterer's contract.

The cookies are to be delivered to the Convention Registration desk (not hotel registration desk) upon your arrival. Please label your containers, if you want them back, so you or your designee can pick them up at the end of the convention.

We look forward to seeing you in Mesa in June!

Benny Jo Hinchey
Zone 7 Director and Cookie Chair

Dogs Mirror Their Owner's Stress Level

Long-term stress seems to transmit from human to dog.

Stress is contagious.

At least when we talk about acute stress.

It has also been shown that acute stress spreads between the

human and its best friend, the dog.

But what about chronic stress? Recently, Swedish researchers

investigated this topic.

And the results show that human stress levels probably reveal a lot

about the condition of their pooch.

Hair tells about stress

Acute stress is easy to measure, in terms of the levels of the stress

hormone cortisol in blood or saliva samples. But if you want to

measure stress over a long time period, this is an impractical

method. Fortunately, researchers have something better up their

sleeve: hair.

Cortisol builds up in hair, and over time, hair gives a chronological

overview of cortisol levels in the body. Thus, one can use hair

strands from dogs and owners to analyze and compare the level

of stress over time.

58 dogs and owners

Researcher Ann-Sofie Sundman and her colleagues recruited 58

pairs of dogs and female owners. Some were solely pets, while

others were active in competitions. The dogs also walked with an

activity meter for a week.

The owners influenced the dog

The results showed that the stress level of the owner seemed to

have a clear impact on the stress level of the dog. On the other

hand, the level of activity did not appear to have anything to do

with long-term stress.



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.



Fridtjof Nansen #6-009 Long Beach, CA

www.nansenlodgelongbeach.com

www.sofn6.com

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