

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 90 , 4 Issue

April 2020

### *Ord Fra Presidenten...*

*Here comes spring. I love spring flowers and my garden blooming. Hope your flowers are blooming too!*

*Thank you to Loyd Wilcox and Phil Knudsen for our March program about Norway's road, bridges and transportation.*

*You do not want to miss our April program. The Nazis invaded Norway on April 9, 1940. John Olsen was in Norway during World War II and he is going to share memories and what life was like then.*

*See you then. (Med vennlig hilsen) Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

**April 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!*

*John Olsen is going to present a program on  
World War II.*

*April is the month that the German's invaded Norway, then they were there for 5 years. John was a young boy at that time he is going to share the living conditions and his memories.*


*Lunch is a 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**

**From March 14, 2020**

Everyone was greeted and welcomed and guests introduced.

Because of the Corona virus every precaution was taken to ensure the safety of the members.

The two national anthems were sung and we all recited the Pledge of Allegiance.

Phebe announced the March birthdays - Sylvi Olsen, Andrea Marshall, Victoria Grammer and Roselyn Scott.

John presented our language lesson which pertained to roads and driving in Norway. Some of the words were pretty tricky but we gave it our best and John said we all passed. Whew!!!

In honor of pi day Theresa brought mini pies for all of us. A fun touch.

Phebe announced the need for stipends for the lodge representatives going to the convention in June. It was a unanimous vote to give the three delegates \$500.00 each to offset some of their expenses. Teri gave the motion and Ginnie the second.

Loyd Wilcox presented his program on 'Roadways and Bridges in Norway.'

The main roadway through most of Norway is the E6. It was interesting to learn that Norway is connected to Sweden, Finland and Russia. Because of the countless fjords throughout Norway they are continually designing new roads to shorten the travel times. Many roads surpass what we might find elsewhere as Norway is very advanced in technology as well as having the finances to see the improvements to fruition. Presently, they are building under water floating tunnels for cars. Norway reflects advanced technology and, because they are oil rich, the resources to design and develop innovations that will be implemented not only in Norway but elsewhere. A new bridge between Norway and Russia was opened with a ceremony led by Bishops and other clergy. Instead of a ribbon cutting they tie a knot in the ribbon to represent a bond.

Phebe asked for volunteers to bring dinner to the Ronald McDonald House in Long Beach on 3/31/2020.

Troann shared that tickets for the 90th anniversary of the lodge in June are \$20.00 each. She has already received checks from other lodges planning to attend. We are hoping for approximately 50 guests.

Theresa won the 50/50 drawing and donated it back to the lodge.

John asked that everyone make an effort to attend the April meeting as we will be discussing the occupation of Norway 50 years ago. It was a dark and difficult time for Norway.

Troann closed the meeting asking that peace and harmony prevail throughout the lodge.

Respectively submitted,  
Barbara Shepard - Secretary



### **What to Know: Traveling to the 2020 International Convention**

On August 19-23, the Sons of Norway International Convention will take place in Ringsaker, Norway. This biennial gathering is a time for delegates to meet and conduct official Sons of Norway business, and also to socialize with other members in celebration of Nordic heritage and culture.

The convention site at Scandic Ringsaker Hotel, just outside of Hamar, is about an hour by train or car from the Oslo airport. Guides will be available at the airport on the morning of August 19 to help arriving members buy train tickets and find their way to the train. Upon arrival in Hamar, a shuttle bus will be available to transport guests from the train station to the hotel. Complimentary parking will be available for members arriving by car.

For those interested in additional travel before or after the convention, Borton Overseas has curated a number of tour and transportation packages especially for Sons of Norway members. Visit [www.sofn.com/international\\_convention](http://www.sofn.com/international_convention) for more information about the convention, including travel arrangements and optional tour information.

## A Bit of Humor:

*Ole bought Lena a waterbed for their 40<sup>th</sup> anniversary. She refers to it as the "Dead Sea."*

***One more: "You know your'e getting old when you have to take a nap before going to bed at night."***

***LARS TOLD OLE A GREAT WAY TO MEET NEW PEOPLE: "JUST GO IN A BAR AND PICK UP SOMEBODY ELSE'S CHANGE."***

*Little Ole says, "No vonder kids are confused deir folks teach dem to walk, send dem to school to learn how to talk. And den, dey tell us, "Sit down and Shut up."*



[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.

## Kalendaren – Calendar



**April**

**9 – Passover**

**11 – Lodge Meeting**

**12 – Easter Sunday**

**May**

**1 – Cinco de Mayo**

**10 – Mothers's Day**

**16 – Armed Forces Day**

**25 – Memorial Day**

## This Month's Birthdays. . . Gratulerer Med Dagen



**April**

**6 - Kristin Spaberg**

**19 - Barbara Shepard**

**20 - Ardelle Stenson**

**24 - Loyd Wilcox**

**30 – Cleone Hatwan**

## **Pan-Fried Whitefish**

### **Ingredients**

#### **For the whitefish**

White pepper

Sugar Salt

1/2 cup breadcrumbs

Salt to taste for the breading mixture 5-6

Tbsp. butter

#### **For the dressing**

1 tsp. horseradish

1 Tbsp. chopped chives

1/2 tsp. lemon zest

5 Tbsp. sour cream

2 Tbsp. mayonnaise

#### **For the potato salad**

1-2 Tbsp. salmon roe (optional)

1 egg, lightly whisked

8 radishes, cut into halves

1 head of cauliflower, pre-boiled and cut into bite-sized florets

8 oz trimmed sugar snap peas

1 lb. new potatoes, pre-boiled and cut into quarters. {continued}

**{continued}**

### **Directions:**

#### **For the potato salad**

1. In a large bowl, mix together all of the ingredients for the dressing.
2. Add the potatoes, cauliflower, radishes and snap peas.
3. Toss the vegetables and dressing together and then place in the refrigerator to marinate for 15 minutes, tossing once more at about 10 minutes.

#### **For the whitefish**

1. Place the whitefish fillets on a cutting board. Run your fingers along the fillets to locate any pin bones. Removing them is quite a bit easier if you pull them out with a tweezers. (Be sure to wash the tweezers well before and after using.)
2. Season the de-boned fillets with the salt and white pepper.
3. Lightly whisk the egg in a shallow bowl. In a separate bowl, combine the breadcrumbs and salt.
4. Dip the fillets in the egg and then dredge in the breadcrumb mixture.
5. In a large frying pan at medium-high heat, add the butter and fry the fillets until they are golden brown.
6. Drain the extra fat by placing the fillets on a paper towel. This will also keep them crispy.
7. Serve the fried fillets on top of a decent portion of the potato salad.



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

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

### **We're Recording History on Facebook**

History is being written in new ways in new media: local history is now often told by average people, according to Nina Kristiansen, editor of forskning.no, who writes this [excerpted] commentary:

A while ago, I joined the Facebook group Gamle Steinberg skole (Old Steinberg School). The school was demolished many years ago but has been revived on Facebook. That is to say: that is how it began—as a social gathering place for us who attended the old school.

Quite quickly, the group changed from “Hello” and “What year were you?” to what it has become today: a local historical memory book for a small town. Today, the group is a multitude of stories, memories, images and facts—which together tell local history in a whole new way, with brand new writers.

#### **Golden times**

In the Facebook group, it's about pastries at the café, about local bands and their short or long careers, and who lived in which houses. It is history told on a human scale. One of the participants obtains pictures from the archive in Eiker, while others find pictures in drawers and albums. Nostalgia gets the most space. Do you remember? Yes, we remember how nice it was.

In addition, we have also found new relatives, long-lost classmates and forgotten memories.

#### **A new platform on Facebook**

The older men of Steinberg used to gather for a long time at the bulletin board down at the train station. There they stood for hours, talking about the weather and the past. The women had similar gatherings in their sewing club.

Now we talk in other places, but the effect is the same. History is summarized, processed and continued. The benefits of Facebook are that it is more accessible and longer-lasting than chatting next to the bulletin board or around the table.





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.



Remember we are preparing dinner for Ronald McDonald's house March 31, 2020.  
Call Phebe (562) 430-5097 if you can help!

The mission of District Six is to support Sons of Norway through communication, resources and opportunities.

# Happy Easter

## Pictures from Norway during World War II.



German troops enter Oslo, May 1940. In the background is the Victoria Terrasse, which later became the headquarters of the Gestapo.



King Haakon and crown prince Olav seeking refuge as the German Luftwaffe bombs Molde, April 1940.

German soldiers marching through Oslo on 9 April 1940.



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