

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90, 9 Issue

September 2020

Ord Fra Presidenten...

I am proud to tell you, your Fridtjof Nansen Board meet in August for a meeting a Los Altos Park. We wore our masks and brought are own chairs to set 6 feet apart. Troann brought a tape measure. It was a good meeting with working on different ideas to still enjoy our Lodge. If you have any ideas for the Lodge please call me.

The July drive-by was such a success we want to do it again. So on Saturday 9-12-20 come to Christ Lutheran Church between 12:00 pm to 1:00 pm to get a New Norwegian gift bag.

Our dear member Roselyn Scott is moving back to



SONS OF NORWAY

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 DO IT AGAIN!

**ON SEPTEMBER 12, 2020 AT
CHRIST LUTHERAN CHURCH
BETWEEN 12:00 TO 1:00 PM**

**DRIVE BYE FOR A HELLO AND
NEW NORWEGIAN TREATS!**



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 | |

Our own FACEBOOK PAGE

Thanks to our new member Brad Maddiuk – 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.



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:

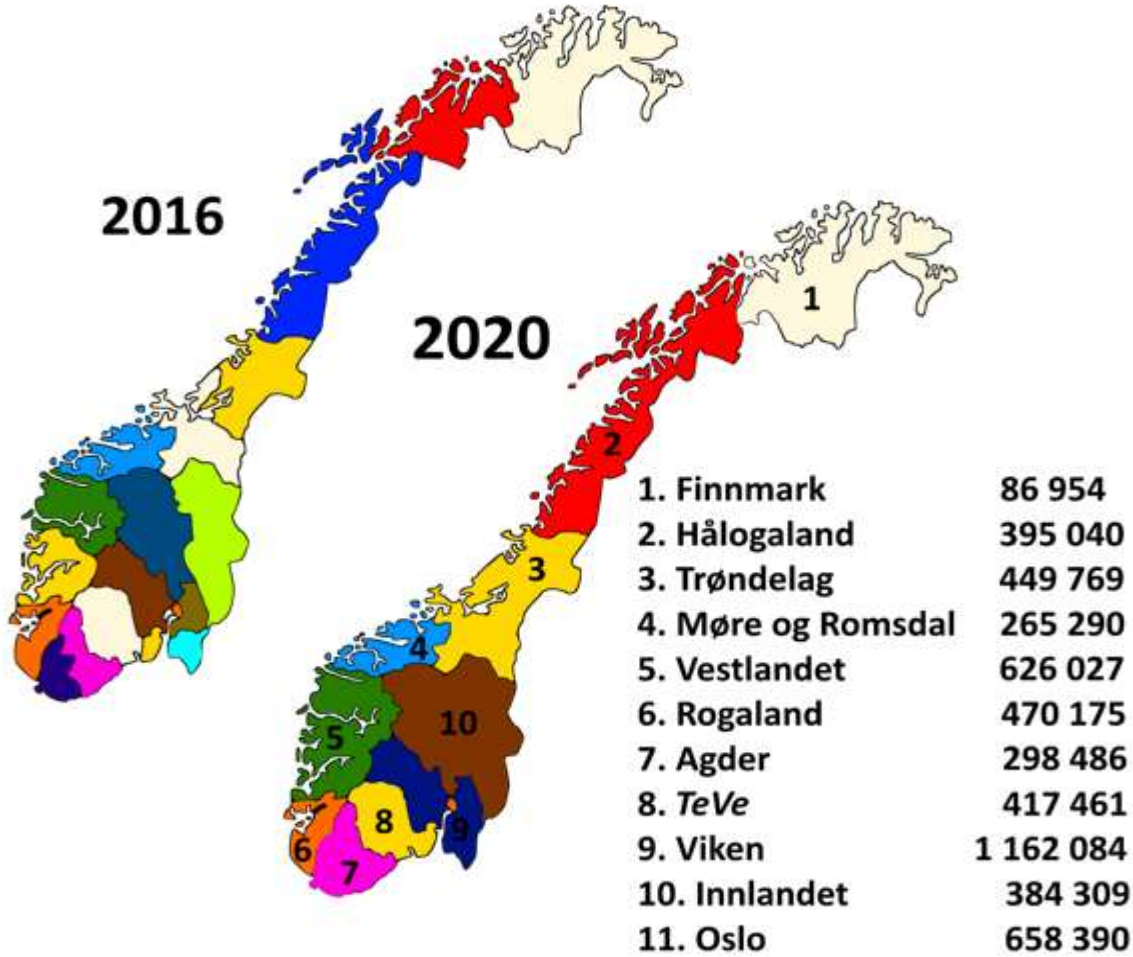
I have wonderful news for our members. Our investment products just increased their interest rates. The difference with investing your money with Sons of Norway are:

- 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

LAST MONTH YOUR EDITOR PUT IN THE WRONG “NEW” MAP OF NORWAY. SO SORRY!
 HERE IS THE OLD ONE AND THE NEW MAP WITH LESS COUNTIES.



Voss: An Outdoor Sports Hub With History

Nestled in the mountains between Oslo and Bergen is a haven for outdoor sports enthusiasts and history buffs alike: the town of Vossenvagen, more commonly known simply as Voss.

This town of roughly 7,000 people hosts an annual Extreme Sports Week, which is one of the largest events of its type in the world. Fittingly, the area also is home to Norway’s largest skydiving club, complete with a skydiving simulation windtunnel for those who wish to experience the thrill of freefall without the altitude.

The area also draws more casual visitors of all skill levels to enjoy the area’s excellent year-round outdoor offerings: whitewater rafting and kayaking in the spring, hiking the summer and fall (including a trail along the escape route taken by Sverre Sigurdsson in 1177), and skiing—both nordic and downhill—in the winter.

Voss also offers a range of attractions for those less athletically inclined, including a 13th century medieval stone church, a preserved farmstead dating back to the 1500s, and a cable car up the mountainside that offers stunning views of the town in the valley.

A Bit of Humor:

OLE LAY sprawled across three seats in the posh theater. The usher took note of this and whispered, "Pardon, sir, but you're only allowed one seat." Ole groaned, but didn't budge. The usher wasn't going to let things pass. "Sir, if you don't get up from there I'm going to have to call the manager," he growled. Ole just groaned some more. The usher tro ed up the aisle, and came right back with the manager. S ll, they couldn't get Ole to pull himself together, so they called the cops. "All right buddy, what's your name?" one cop demanded. "Ole." "From where, Ole?" "The balcony."

"This is your great-grandma Lena and great-grandpa Ole," I told my grandson Lars as I handed him a photo of my parents. "Do you think I look like them?" He shook his head. "Not yet."



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



SEPTEMBER

7 – Labor Day

13 – Grandparents Day

22 – Autumn Begins

OCTOBER

12 – Columbus Day

31 - Halloween

This Month's Birthdays. . . Gratulerer Med Dagen



September

15 – Vaiotama Aivale

21- Asa Soberg

24 – Linda Dicken

28 – Troann Loy

Who Did Queen Elizabeth See on Her First Royal Visit?

Just over 65 years ago, in June 1955, the newly enthroned Queen Elizabeth made her very first State Visit. Her destination on that historic journey? The Kingdom of Norway.

The reason for the visit was twofold: Officially, the Queen's visit reinforced the already strong diplomatic and military ties between the two countries. Norway and the United Kingdom have had robust trade relations since the 1700s, and the Queen's visit helped secure favorable trade agreements between the countries. Additionally, the two nations were important allies during World War II.

On a more personal level, the royal families of Norway and England have shared a strong and enduring friendship over several generations—and perhaps not coincidentally, they also share a number of family ties. Most prominently, Queen Elizabeth is a second cousin to King Harald V of Norway, who was still Prince Harald at the time of her 1955 visit and did not take the throne until 1991. In 1955, Norway was ruled by Harald's grandfather, King Haakon VII.



An Announcement on the 2022 International Convention

I am writing this to inform you that the International Board held a meeting to discuss the 2022 convention. It was duly Moved, Seconded, and CARRIED that the 2022 convention be held in the greater Minneapolis/St. Paul, Minnesota area. Much discussion, and several meetings, were held to reach this decision. It was not an easy decision to reach, but the board does have a fiduciary responsibility to the organization, and it was calculated that the cost to have it in Norway would be in excess of \$100,000 USD more than hosting it in Minneapolis. We want to thank District 8 and their members for all of the time and effort that they put into planning this event. The whole world is in turmoil at the moment, and no one knows what the future will bring. Stay safe, stay healthy.

Ron Stubbings



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

A Message From the Sons of Norway

As we enter into this uncertain time in history, we want to assure you that Sons of Norway remains strong and dedicated to its members and insurance policy holders. From the spread of COVID-19 to unforeseen market volatility and natural disasters, we are living through unique times.

The world is changing at an extraordinary pace, and we want you to know Sons of Norway is well prepared for the current economic environment. Founded in 1895 by 18 Norwegian immigrants with the mission to protect each other and their families, that mission has never been truer than it is today.

We have enacted our disaster plan to ensure that we can continue our day-to-day operations, provide service to our clients and keep our employees safe. We have transitioned most of our employees to work remotely, with limited staff onsite to maintain the day-to-day functions of the home office. We have the systems and safeguards in place to continue to provide you and your families the protection and support you expect from us.

The financial markets have never seen conditions like we are experiencing now, but rest assured your insurance is safe—both life insurance and annuities. We make very conservative long-term investments designed to weather these “perfect storm” conditions. We do not make short-term high-risk investments; as we always have done, we are protecting our members and clients by taking a conservative approach.

Our solvency remains extremely strong, which means our ability to pay claims and annuity income streams remains unchanged amid today’s uncertain circumstances. We want to thank you for being part of Sons of Norway and let you know we remain true to our mission of protecting our members, policy holders and employees.

Ron Stubbings, International President

Chris Pinkerton, CEO

WE ARE STILL GOING TO COLLECT STAMPS!

NOW WE WILL BE DONATING THEM TO:

POSTAL HISTORY FOUNDATION



The Postal History Foundation is a non-profit organization dedicated to connecting people to postal history, philately, and the world of stamps to inspire curiosity and encourage the enjoyment of life-long learning.



Our [Stamp Discovery Education Program](#) provides outstanding service to educators, parents, students, scouts, organizations, and the community!



Our [philatelic store](#) supports collectors, strengthens the hobby of philately, and provides part of our funding that keeps us going.



Our museum exhibits, guided tours, and contract post office offer a unique visitor experience!



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.

Potato Peels Improve Shelf Life Naturally

Potato peels aren't usually something we stop to consider. But Professor of biotechnology at Høgskolen i Innlandet [Innlandet University College] Knut Olav Strætkvern has been conducting research on potatoes for 25 years, and he believes that the peels have potential beyond composting or animal feed. "I do not cease to marvel at all the interesting things that can be derived from the potato," Strætkvern told NRK, the Norwegian Broadcasting Corporation.

The humble potato peel may soon be getting an image upgrade, thanks to Strætkvern and his team. The biotechnologists discovered a way to extract antioxidants from peels and use them to prolong the life of other foods, such as cooking oil, without the use of artificial stabilizers. Strætkvern hopes that this technology will provide health, economic and environmental benefits.

These methods will be tested, patented and scaled to create a business model. Knut Olav Strætkvern says that Innlandet county alone generates around 3000 tons of potato peels annually, and that the project will also reclaim other "waste foods" to see if they can be turned into value.

Roselyn Scott's drive-by farewell party at her church.
She wanted to say goodbye to her SofN friends.



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