

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 91, 2<sup>nd</sup> Issue

February 2021

### *Ord Fra Presidenten...*

*I hope you had a great holiday season. Hope everyone is still well; and planning on getting the vaccine. I am looking forward to seeing you at the Feb. 13<sup>th</sup> drive by to pick up a Valentines' goody bag. It will be great to see all of your smiling faces. We know it is a different time and until we can meet again we will try to do a drive-by every other month. April will be our next drive-by. It will be the Easter season, so get your Easter hats ready. Maybe we will try an Easter parade in our cars.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

**February 13, 2021**

**A Valentine Drive By for a "Bag of Valentine goodies"**

from **12:00 pm to 1:00 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 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 (714) 963-4830
Treasurers:	Troann Loy	
Secretary:	Barbara Shepard	(714)962-5857
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	

**Calendar**

**2 – Groundhog Day**

**13 – Drive-Bye at Church**

**14 – Valentine’ Day**



**15 – President’s’ Day**



**17 – Ash Wednesday**

**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.**

## No Tubfrim! What do I do with these stamps!?

Tubfrim still exists, but we no longer have a reasonable way to get all our collected used postage stamps to Norway. Jon Arild, the District Six Tubfrim Coordinator made a valiant effort to find a reasonable way to get our stamps shipped, even calling Tubfrim in Norway to try to get help from that end. He was not able to find a reasonable solution to this problem. He has suggested that we find an organization in the United States that we could support with our stamp donations. He identified the Postal History Foundation in Tucson, Arizona (<https://Postalhistoryfoundation.org/>) as a possible recipient. The District Six Board conducted a separate search for possible non-profit organizations within the United States and was not able to find a better candidate to send our stamps to. We have contacted the Postal History Foundation and they are willing to receive these gifts. We like the Postal History Foundation for their mission, quoting from their website, "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." We also like them because they are within the territory of District Six and willing to come to our 2022 Convention and make a presentation about their organization. The Postal History Foundation uses the donated stamps to provide packets of stamps and lesson plans to school teachers and students for several various teaching programs. The District Six Board has decided to make our gift of stamps part of the local outreach program of our 2022 Convention. So, please continue to save your stamps and bring them to the Convention and we will have a nice presentation for the Postal History Foundation. Bruce Fihe Vice President, District Six, Sons of Norway



## Norway funds worldwide rainforest mapping

In an effort to help curb global deforestation, the Norwegian government is funding a groundbreaking initiative to map the world's tropical forests in tree-by-tree detail, using high-definition satellite imagery. The resulting map, which spans 64 countries and will be updated monthly, is freely available worldwide.

In the past, high-resolution images were unavailable for many forested areas, or were very expensive to obtain if they were. "So, we've decided to foot the bill for the whole world, basically," Norway's Minister of Climate and Environment, Sveinung Rotevatn, told BBC News.

The \$44 million project was funded by the Norwegian government's International Climate and Forests Initiative (NICFI). It will help small organizations and local communities to detect and address illegal deforestation more quickly and effectively, and will assist them in holding the responsible parties accountable. The map will also be valuable to scientists and researchers throughout the world, and will help businesses to conduct their due diligence when dealing in areas with deforestation concerns.

## ***A Bit of Humor:***

One day an Norwegian and a covid-denier were fishing on opposite sides of the same river, but the Norwegian guy was catching all of the fish.

Eventually, the covid-denier asks the Norwegian, "How do you get to the other side?"

The Norwegian guy responds, "I'll turn on my flashlight and you can walk across the beam."

The covid-denier says, "Nice try... Just because I'm a covid-denier doesn't mean that I'll fall for that. I'll get halfway across and you'll turn it off!"

## **A Norwegian Love Story**

Max and Arlene lived by a lake in Norway. It was early winter and the lake had frozen over.

Max asked Arlene if she would walk across the frozen lake to the general store to get him some beer. She asked him for some money but he told her, "Nah, just put it on our tab."

So Arlene walked across, got the beer at the general store, and walked back home across the lake. When she got home and gave Max his beer, she asked him, "Max, you always tell me not to run up the tab at the store. Why didn't you just give me some money?"

Max replied, "I wasn't sure how thick the ice was yet."

[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.

## **Peace of Mind in Volatile Times**

In times like these, it may feel like nothing is certain, and that volatility is just a way of life for your finances. Give yourself the peace of mind of a fixed rate of return and rest easy knowing that a portion of your assets are protected. Reach out to your Sons of Norway Insurance Professional to see if putting some of your assets in a fixed annuity is right for you and your family.

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## **2021 Member Recruitment Challenge**

Please watch for news about the 2021 recruitment campaign and invite family and friends to join us in exploring Nordic heritage and culture. The limited edition 2021 Recruiter Pin will feature a compass image. It will be available while supplies last, sent directly to members after they have recruited at least one new member and provided their member number on the new member enrollment form.

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



### FEBRUARY

5 – Phillip Knudsen

13 – Jeanne Paige-Peterson

21 – Alfred Dimas



## Norwegian Gold

These rich Norwegian Gold cupcakes (or cake!) with chocolate sour cream ganache frosting are perfect for special occasions. Makes 20 cupcakes or one 10-inch cake.

### Ingredients

#### For the cake

1 2/3 cups (190 grams) sifted all-purpose flour

1 cup (2 sticks) unsalted butter

5 large eggs

1 1/2 cups (300 grams) sugar

1 1/2 teaspoons baking powder

1/4 teaspoon fine sea salt

1/4 teaspoon pure vanilla extract

1/4 teaspoon pure almond extract

#### For the chocolate sour cream ganache frosting

10 ounces of your favorite semi-sweet chocolate or chocolate chips

1 cup sour cream

Pinch of fine sea salt

### Instructions

#### For the cake or cupcakes

Preheat the oven to 325° F for cake or 375° F for cupcakes. Grease the bottom of a 10-inch tube or bundt pan, or line two cupcake pans with a total of 20 paper liners. Have all ingredients at room temperature. Beat flour and butter together for five minutes. Add eggs one at a time, beating after each addition. Add sugar, baking powder, salt and vanilla and almond extracts. Beat for two minutes more. For a cake, bake for about one hour, checking after fifty minutes. For cupcakes, bake for 20-25 minutes. Cool in pan for 10 minutes and then completely on a rack before frosting.

#### For the frosting

When ready to frost cake or cupcakes, heat chocolate in a double-boiler until just melted. Stir until smooth, then stir in sour cream and salt. Spread onto completely cooled cake or cupcakes and top with sprinkles or other decorations if you like. Frosting will set over time.

Recipe by Carolyn Gratzner Cope, featured on UmamiGirl.com

## Forbidden love kept secret for 9 years:



This year marks 53 years since Harald and Sonja were engaged. In recent decades, other royals have married “commoners,” but in the 1950s, this was quite taboo.

Friends introduced them at a party; she was 21, he 22. It would take almost a decade—and the government’s approval—before the determined Harald could propose.

Sonja’s family’s house in Oslo’s Vinderen neighborhood became a refuge for the couple, and her mother agreed to keep quiet about their relationship. In time, word got out and the press began keeping tabs on the Crown Prince’s frequent visits.

The public was worried the monarchy would be in danger, but the heir to the throne was prepared to stake it all for love. He dramatically announced to King Olav that he would never marry another if he could not marry Sonja. Olav V approached the prime minister, who reluctantly approved.

In March 1968 they became engaged, and five months later, Harald and Sonja were married at Oslo Cathedral.



## The Origins of Sons of Norway

On January 16, Sons of Norway celebrates its 126th anniversary. The organization was started in 1895 by a group of Norwegian immigrants living in Minneapolis, Minnesota. They gathered together in the midst of a deep economic depression to create an organization for their fellow Norwegian-Americans to support one another and to maintain their ties to “the old country.”

One thing that the founding members focused on at their first meetings back in 1895 was what to call their new organization. After briefly considering “Bjørnstjerne Bjørnson,” after the Norwegian nationalist author, it came down to a vote between “Sønner av Norge” (Sons of Norway) and “Brødre av Norge” (Brothers of Norway). By a vote of 14 to 2, the name we use today won.

The name was inspired by a line from a famous song by Eskild Pedersen: *Sønner av Norge, det eldgamle rike, Synger til harpens den festlige klang*. This translates to: Sons of Norway, the ancient kingdom, Sing to the harps with festive sound.



Valentine's Day in Norway is referred to as Valentinsdagen or “All Hearts Day” which is AlleHjerters Dag. It is not usually a Holiday celebrated in Norway until recent years with businesses. In Norway, people do take the time to show their love and affection to others with cards, flowers, candy, etc. What they also do is send out post cards to one another, perhaps not something we do in the States for Valentine's Day. Here are some words in Norwegian for love and romance:





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)

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.



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2021 ISSUE