

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 90 , 8 Issue

August 2020

Ord Fra Presidenten...

It was so much fun to see all of you who came to the Norwegian Drive Bye to get your Norwegian bag full of goodies. Hope you all enjoyed the goodies.

There is NO LODGE MEETING IN August.

We are going to try to have a Lodge meeting in September on the 12th.

If we can meet at the church We will practice safe distancing, please wear a mask with catered food.

If we can't meet at church maybe we can meet at Los Altos Park on Sterns and Bellflower. We would ask you to bring a chair and a sack lunch. We will Social Distancing outside. We will let you know.

*Med vennlig hilsen, Best Regard,
Phebe*



SONS OF NORWAY

Our next meeting is at

Christ Lutheran Church
6500 East Stearns Avenue
Long Beach, CA 90815

Ample parking is available.

Our telephone number is (714) 928-5975.

We welcome everyone of all ages. You do not have to be Norwegian!

**NO LODGE MEETING IN
AUGUST 2020.**



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

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.

The New Map of Norway:

In a comprehensive administrative reorganization,
Norway's 19 counties have become 11.

Meet Norway's new regional map, as of January 2020. The government believes this move will strengthen each region and improve coordination between municipalities, regions and state. Norway's 11 regions will assume control of a number of area such as infrastructure, education, culture, business development and outdoor life.



A Bit of Humor:

The Internal Revenue Service recently received this letter of acknowledgement of a tax form which was sent to Ole.

“Dear Treasury” I received yer application blank, but I already belong to several clubs and do not care to yoin yer Income Tax Club at dis time.”

Ole took Lena on her very first hunting trip. On the first morning, Ole shot a duck in flight on his very first try.

“Vell, how’s sat for a shot?” he boasted.

“Vell, I yust don’t know,” said Lena. *“Da fall vould have killed him anyway!”*

Years ago Ole tried his hand at boxing. In the middle of a tough match Ole asked his manager if he had done any damage to his opponent yet.

“No, but keep swinging kid,” the manager replied. *“The draft might give him a cold!!!”*

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.

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



AUGUST

8 – NO LODGE MEETING

SEPTEMBER

7 – Labor Day

12 – Possible Lodge Meeting

13 – Grandparents Day

Rosalyn Scott is moving to Minnesota in August.

**Her address will be:
3385 Discovery Road
Eagan, MN 55121**

This Month’s Birthdays. . . Gratulerer Med Dagen



AUGUST

19 – Teresa (Terry) Lord

29 – Doreen Wendell



"I can't go out because of the virus" sounds weak, whiny and boring.

Try this instead:

"I've sworn an oath of solitude until the pestilence is purged from the lands."

That sounds more principled, valiant and heroic - and people might even think you are carrying a sword.



Bring your box tops to the meeting.

We are supporting Christ Lutheran Church's Preschool.

Fish on the grill

<https://www.food.com/recipe/grilled-fish-in-foil-6919>

Ingredients:

- 1 lb. fish fillet (fresh or frozen)
- 2 Tbsp. margarine or butter
- 1/4 cup lemon juice
- 1 Tbsp. parsley, chopped
- 1 tsp. dill 1 tsp. salt
- 1/4 tsp. pepper paprika
- 1 medium onion, thinly sliced

Recipe

- On 4 large buttered squares of heavy-duty aluminum foil, place equal amounts of fish.
- In small saucepan, melt margarine; add lemon juice, parsley, dill, salt and pepper.
- Pour equal amounts over fish.
- Sprinkle with paprika; top with onion slices.
- Wrap foil securely around fish, leaving space for fish to expand.
- Grill 5 to 7 minutes on each side or until fish flakes with fork.
- Refrigerate leftovers.



A Message on Racism from Sons of Norway CEO

Chris Pinkerton Sons of Norway was founded by Norwegian immigrants on the principles of community support and solidarity in times of hardship. These values continue to form the bedrock of our organization, and as we reflect on the events of the past two weeks it is clear they are no less relevant today than they were at our founding 125 years ago.

We are deeply troubled by the senseless murder of George Floyd in our organization's hometown—a product of unchecked systemic racism and violence, and a direct assault on the values we hold most dear. We mourn with our neighbors and community members in this time of nationwide distress and injustice; when our communities suffer, we all suffer. It is our collective responsibility not only to hope for a more just, peaceful, and inclusive society, but more importantly to strive for it through our words and actions.

The fraternal purpose of Sons of Norway is to strengthen our communities. With 50,000 members, we are uniquely situated to be a positive force of change, healing and hope in communities nationwide—starting with our own. Here at headquarters, we are dedicating time each month to educating ourselves on the topic of anti-racism and pushing ourselves to do better every day. See below for a list of suggested actions and resources for combating racism individually or with your lodge.

Thank you for joining me in this important work. —Chris Pinkerton

How can I help?

- Learn about anti-racism and implicit bias
- Discuss what you are learning with others in your community
- Work toward becoming a more effective ally to black communities and people of color
- Support black-owned businesses in your local community and online

Donate to organizations that work to eliminate racial injustice Suggested Resources You can find a wealth of resources by searching for any of these topics online.

Here are some examples to help you get started.

ARTICLES:

[“Unpacking the Invisible Knapsack”, by Peggy McIntosh](#)

[“Performative Allyship is Deadly \(Here’s What to do Instead\)”, by Holiday Phillips](#)

[“Who gets to be Afraid in America?”, by Ibram X. Kendi](#)

BOOKS AND AUDIOBOOKS:

[How to Be an Antiracist, by Ibram X. Kendi](#) [White Fragility, by Robin Diangelo](#)

[So You Want to Talk About Race, by Ijeoma Oluo](#)

[I’m Still Here, by Austin Channing Brown](#)

FILMS & VIDEOS

[13th \(Documentary\) How Studying Privilege Systems Can Strengthen Compassion](#)

[Let’s Get to the Root of Racial Injustice](#)

[How to Overcome Our Biases?](#)

[Walk Boldly Toward Them](#)



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 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.



Fridtjof Nansen Lodge Drive Bye for a Norwegian Treat.



Troann and Phebe giving out the Norwegian treats.



Lloyd and Ginnie Wilcox coming for a Norwegian treats.



Roselyn Scott came by to get a treat. She is being safe.



Terry Lord and Teresa Broadhead Staying safe but still get their treats.



Fridtjof Nansen #6-009 Long Beach, CA

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August 2020 ISSUE