

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 90, 3 Issue

March 2020

### *Ord Fra Presidenten...*

*It was so great seeing you at the Feb. drive by for great Valentines treat. The next drive is on April 10. We want to have an Easter Bonnet parade! Start planning your bonnet now. We plan to have drive bys every other month until we can meet again. If you have saving stamps, pennies and flip tops bring to the April drive by to turn them in. Hope you have a safe and healthy month of March.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

APRIL 10, 2021

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!*

***Get your Easter Bonnet ready!***

***On April 10<sup>th</sup> from 12:00 to 1:00 pm***

***We will have another Drive by for a goody bag.***

***We want you to wear your best Easter Bonnet or***

***use your imagination to create your Bonnet.***



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)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	



With a sad heart I need to tell you that our Lodge member Roselyn Scott passed away on Feb. 18<sup>th</sup>. She was a wonderful person who loved her Norwegian Heritage. If you would like to send a card to her family: Kay & Mike Schmitt /4030 Deerwood Trail Eagan, MN 55122

***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

## ++ Support This Youth Project ++

### Camp Norge Playground Restoration Project

*My name is Baylee McKenney, I'm a senior at Middletown High School and a member of Vikings of Lake Lodge #6-166. I would like to replace the play set at my childhood summer camp. I have been going there since I was 8, and I want to do something nice for the camp. The play set that is currently there is the first play set that was ever put in, it is very old, falling apart, and unstable. I would appreciate any help that I can get to replace the play set.*

Baylee is attempting to raise \$6,000 to put in all new equipment for our kids who come up to Camps Trollfjell and/or also visit with their families for



camping experiences and to attend yearly Kretsstevner at Camp Norge.

You can donate on-line with a credit card using this form on the Camp Norge site (<https://www.campnorge.org/site/play-structure-donation/>) or you may send checks to Camp Norge, make the check out to Susan Winje, c/o Camp Norge and put in the memo section **play structure**. Mail to Camp Norge, PO Box622, Alta, CA 65701.

Thank you for supporting our youth.

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### Nordic-Inspired Ways to Celebrate Spring

As late winter gives way to Spring, here are some Nordic-inspired ideas to celebrate the change of seasons.

1. Be inspired by natural beauty and savor the stillness of each morning by photographing the sunrise over several days or weeks.
2. Pick your favorite Norwegian cookie or bread and fill your home with the inviting scent. Then surprise a friend by sharing your homemade treat.
3. Every spring brings changes to our lives. Take time to handwrite a letter to an old friend you haven't seen in months or years and ask "what's new?"
4. Enjoy a walk in the warming weather. Look for budding trees and new growth on shrubs and bushes. Have some early spring flowers like snow drops or daffodils started to pop up?
5. Is there a cultural skill you want to explore this year? Consider a skill you're curious about but have never tried. Even better, share the fun of learning by inviting a friend or family member to join your exploration.
6. Fill a bird feeder and your bird bath, if temperatures permit. Keep a birding guide handy to identify returning migratory birds. When will the first robin of the season arrive?
7. It's been said that when you plant kindness you gather joy. As you go about each day, live your Nordic values with simple acts of kindness to others and add joyful moments to your life!

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

And then there was the Norwegian who used lefse for bait on his trip line. He caught eight skunks and four Swedes!

Poor Lena was sitting before her dressing table in tears one morning. "Ole," She wailed. "have reached da age vere I vill not have a ting to do vit natural foods anymore. I need all da preservatives dat I can get!!"

Do you know why Norwegians quit using ice cubes?

They lost the recipe.

**Keep our Sons of Norway Family Growing in 2021**  
How? By welcoming more family, friends and neighbors to join us, either virtually or in person! One member described membership as an "amazing way to connect to Nordic heritage, tradition, and community."  
Who wouldn't want to be part of an amazing organization like Sons of Norway?!

[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***



**MARCH**

14 – Daylight Saving Time Begins



*Daylight Saving Time Begins*

17 – St. Patrick's Day



20 – First Day of Spring



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



**March**

8 – Sylvi Olsen

9 – Andrea Marchall

10 – Lyman Lekke

11 - Victoria Gammer

15 – Kirsten Loumeau



#### **VESTERHEIM MUSEUM IN DECORAH , IOWA**

Some of you may be aware of the Norwegian-American Museum in Decorah. They are offering online classes , book groups, and tours of the facilities collections. Some of this is free, some requires nominal payment. Most are available to members and non-members of Vesterheim.

I have participated in 5 months of Bokprat (book group) and one presentation of part of the Rosemaling collection. You can go on line to Vesterheim online Folk School to get information on classes. You can also talk to Lotte Sather.

**A big thank you to Phebe and Troann. These ladies have planned bi-monthly drive by's for our lodge so that we can safely get together and socialize during this pandemic. This has been a wonderful substitute for our not being able to have our regular meetings. Additionally, they put together goody bags filled with fun and useful items for us. Although they make all this look easy it takes a lot of time and effort. So, thank you Phebe and Troann for all you do to keep our lodge members safe and connected.**

**Tusen talk, Barbara Shepard**



#### **"Grave Looter" Revealed**

Earlier this week, local authorities, newspapers and enthusiasts sounded the alarm. Unauthorized persons had allegedly entered the famous Viking grave field at Vang in Oppdal and drilled deep holes in 17 of the Viking graves. Several feared the worst on behalf of the grassy national treasure in Sør-Trøndelag: grave looting.

#### **Terrible**

NTB [*Norsk Telegrambyrå*: The Norwegian News Agency] reported via the local newspaper *OPP*, which first mentioned the case, that there were varying depths in the holes, which "appeared to have been dug with a special drill." Furthermore, it was said that except in one case in 2014, there has been no looting in the large Viking burial ground since the 19th century. "It's awful! Many organic finds have been lost, and objects can be ruined when air enters the graves," said Thora Nyborg, curator at Vitenskapsmuseet [the Science Museum]. "It is incredible that we should experience this," added county archaeologist Kristin Prestvold.

#### **Badger suspected**

On Friday morning, however, the police closed the case, according to the newspaper. The suspected criminal turns out to be difficult to reach.

"It seems to be a badger behind it," said a smiling cultural consultant in Oppdal municipality, Sjur Vammervold, to *Dagbladet* [newspaper].

"It's good that it wasn't done by people. The badger is quite innocent and probably has completely different purposes than a grave robber," he adds.

#### **Probably badger holes**

Vammervold says that it has not been 100 percent confirmed that it is the characteristic black and white marten that has ravaged Norwegian cultural heritage, but the suspicion is strong enough to go ahead and rule out that two-legged miscreants are behind it.

"Based on how badgers dig holes, this may be an explanation," he says.

The municipality's website informs that most of the burials in Vang are from the Late Iron Age or Viking Age. That is, between the years 750-1000 A.D. Many valuable discoveries have been made in the area.

## RECIPE

### Fiskekaker med Brun Saus / Fish Cakes with Brown Gravy

#### Ingredients

3 medium potatoes, peeled, sliced in quarters length-wise  
6 large rainbow carrots, peeled, cut into 2-inch pieces  
2 lbs. boneless skinless white fish fillets (haddock, cod, etc.)  
1 1/2 tsp. salt  
1 1/2 tsp. potato starch  
1/2 tsp. ground nutmeg  
2/3 cup whole milk  
1/4 cup chopped fresh chives  
2/3 cup all purpose flour, divided  
6 Tbsp. vegetable or canola oil  
1/2 yellow onion, chopped  
3 cups beef stock, divided  
2 Tbsp. Kitchen Bouquet (or [substitute](#))  
salt and pepper



#### Instructions

Put the potatoes and carrots in a medium pot and cover with cold, salted water by 2 inches. Bring to a boil over medium heat and cook until fork tender, about 15 minutes. Drain and set aside.

Place large chunks of fish and salt in work bowl of food processor and, using S-blade, pulse until coarsely chopped. Add potato starch and nutmeg and pulse to combine. Slowly add the milk, pulsing just until combined, and then the chives. Form the fish cakes into 12 round patties. Put 1/3 cup flour on a plate and dip patties to coat.

Heat oil in a large skillet over medium heat. Working in batches, fry on both sides until crisp and golden. Drain on paper towels and set aside.

Cook onions in remaining oil while fish cakes are draining. When the onions are soft and translucent, remove them from the pan and set aside.

Add 1 cup stock and scrape the pan until all the browned bits have become loose. Continue to cook for 2-3 minutes to allow stock to reduce.

Add remaining 1/3 cup flour and whisk to combine until there are no visible lumps. Cook another 1-2 minutes, whisking continuously, until the gravy thickens and becomes smooth. Gradually add the Kitchen Bouquet and the rest of the stock to the pan and whisk until smooth, cooking another 4-5 minutes, or until the gravy is slightly thicker but not quite at desired consistency. Season with salt and pepper to taste.

Reduce the heat to low. Add the onion, potatoes and carrots to the pan and stir into the gravy. Add the fish cakes to the pan and let simmer in brown gravy for 2-3 minutes, or until gravy has reached desired consistency. Serve fish cakes in the gravy with the vegetables.

### PBS books 'Atlantic Crossing' for Spring 2021 trip on 'Masterpiece'

*Olav Hassel*

A heads up to alle. Not to be missed! Sometime within the next few months, PBS's Masterpiece Theatre - on Sunday evenings will be showing a new series of historical and dramatic interest. "Atlantic Crossing" is an 8-episode Norsk production about the flight of the Royal Family and government from the invading German Army - in 1940, and the exile of Crown Princess Marta and her children in the USA. It focusses on her special friendship with FDR. She stayed at the Roosevelt home in the Hudson Valley for some time and she served as a strong representative and advocate for aid for Norway in the war effort. You may recall that King Haakon and Crown Prince Olav were in Britain heading the government in exile and resistance efforts. PBS Social is on KOCE (not KCET!), and usually at 9 pm Sundays (repeated the next Saturday). It is in English and Norsk.



Check it out and continue to persevere! Olav



Long Beach, CA  
Established – June 5th, 1930

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.

## No Tubfrim! What do I do with all 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 schoolteachers 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



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