

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 91, 5 Issue

May 2021

Ord Fra Presidenten...

Norwegian's favorite day is coming, Syttende Mai.

Let's celebrate!

Join us for a picnic at Los Altos Park on Stearns St. Please bring your lunch and drinks and your own chair. Please observe Covid precautions.

Christ Lutheran Church has told us the Pre-School is not collecting Box Tops any longer. We are still collecting pennies for Camp Norge and Pop Tops for Ronald McDonald House. Programming is done month to month until we can meet again.

Med vennlig hilsen,

Best Regards, Phebe



SONS OF NORWAY

LET'S CELEBRATE SYTTENDE MAI AT

Los Altos Park on Stearns St. (Between Bellflower and Clark) at **12:00 pm.**

COVID Precautions will be followed

1. We need to wear masks
2. Observe safe distancing
3. Bring your own lunch and drinks.
4. Bring your own chair.

It will be great to see our members. Put this event on your calendar, so you don't miss it.

Wear Norwegian colors bring your Norwegian flags; let's have a parade!

Our telephone number is (714) 928-5975.

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
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Terry Lord	(714)369-2420
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	



**Honors those currently serving in
the U.S. military.**

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.

Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

**#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 4/10/21**

Start time is around 12:00 / Today is a “drive by” meeting held in the church parking lot / Concluded approx 1:00

- **Velkommen & Thank You** to all our Friends & Members for coming today. We had a **GREAT** turnout – 18 strong.
- Today’s theme was Easter. Our participants were encouraged to wear their favorite Easter Bonnet and bring Easter eggs with treats or messages to put in a gift bag for folks to take home. I have seen some of the best Easter hats today. From a 60+ year old Tam, a top hat, chicks, bunnies, eggs, and ribbons. The awards went to:
 - o Most Original = Cleone Hatwan
 - o Most Creative = Troann Loy
 - o Most Unusal = John Olsen
- **HAPPY BIRTHDAY – Astrid Virding, Barbara Shepard, Loyd Wilcox & Cleone Hatwan.**
- **Our next meeting is May 2021. Look for the postcard in your mailbox that will have more information.**

Respectfully submitted: Terry Lord – Secretary

Dear Lodge Members from our International President, for all.

Dear District Presidents,

I am pleased to announce the International Board has approved the dates and location for the 2022 International Convention for Sons of Norway.

The convention will be held August 31th to Sept 1st 2022. With first time delegates arriving on the 30th of August for the First Timers Training. Delegates will depart the 2nd of September.

Here is the information about the venue, be sure and watch the virtual tour of the site!

**Omni Hotels and Resorts
Omni Viking lakes Hotel
2611 Nordic Way
Eagan, MN 55121**

**More information will be forthcoming,
Ron**

**Ron Stubbings
International President
Sons of Norway
604 941-0760
236 880-5972
ron.stubbings@sofnboard.com**

A Bit of Humor:

Ole walked up to the hot dog stand at the circus and ordered a hot dog from the bottom of the pile. "No problem," said the vender, "but how come?" "Vell" said Ole, "I'm always for da underdog."

"I scratched da finder just a little bit dear," Lena told Ole. "If yew vant to look at it, it's in da trunk. "

A tall young man entered the bus with a very long pole. After much maneuvering, he sat down next to the elderly man.

"Are you a pole vaulter?" asked the man.

"Vell, no. I am not a Pole. I am a Norwegian. But how did you know me name is Volter?"

Kalendaren – Calendar



MAY

8 – Lodge meeting at Los Altos Park

At 12:00 pm

9 – MOTHER'S DAY

15 – ARMED FORCES DAY

17 – SYTTENDE MAI



31 – MEMORIAL DAY



www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our website running.

This Month's Birthdays. . . Gratulerer Med Dagen



MAY

5 – PHEBE FRICIONI

22 – ANNA VALLEFUNCO

Happy Syttende Mai. . .



Constitution Day is the national day of Norway and is an official public holiday observed on 17 May each year. Among Norwegians, the day is referred to simply as **syttende mai**.

Nicole Kidman to Star in Series Based on Award-Winning Norwegian Film

Emmy and Oscar winner Nicole Kidman is set to star in a television series based on an award-winning Norwegian film. Written by Maria Sødahl, the film is titled *Hope*. Similar to the film, the series depicts the undoing of a family over twelve days of their Christmas together, but also encapsulates the idea of falling in love again.

Hopes are high for the series as the film was selected at this year's Oscars as the Norwegian entry for Best International Feature Film. In addition to this acclaim, the film also won the European Cinemas Label award for best film in the Berlin Film Festival's Panorama section. Not only will Kidman be a leading actress in the series, she will also serve as executive producer. With elements such as humor, mystery, and suspense, the series written by Alice Bell will eventually be available on Amazon Prime.

Celebrate Syttende Mai

Syttende Mai (May 17th) is usually celebrated in public with massive parades of school kids, *russ* (high school seniors) wearing blue and red coveralls, adults donning *bunader* (folk costumes) and marching bands. It's a day for expressing cultural pride, excitement for spring and for appreciating the founding of an independent Norway. There are plenty of ways to have a festive occasion, even when social distancing:

Décor

One thing that you see everywhere on *Grunnlovsdagen* or Constitution Day are Norwegian flags and red, white and blue decorations. Incorporate these colors into your food, or if that's not possible, decorate with flag toothpicks and red, white and blue napkins.

Attire

Typical dress for all ages is a *bunad*, or national folk costume, but don't stress if you don't have one; people without costumes tend to dress nicely and pin red, white and blue ribbons onto their lapel, or wear the Norwegian colors in another way.

Music

Put on some Norwegian tunes or sing a few yourselves. The national anthem, *Ja, Vi Elsker Dette Landet* is a favorite, along with *Norge I Rødt, Hvitt og Blått*. Search on YouTube for **SonsofNorwayHQ** playlists of Norwegian music—both traditional and modern.

Gratulerer med dagen!

A typical activity on Syttende Mai is saying "Gratulerer med dagen!" (Congratulations on this day!) or "Hurra for Syttende Mai!" (Hooray for May 17th!). Repeat this to everyone you see throughout the day.

Food

Syttende Mai is a banner day for kids in Norway, as they are usually allowed to consume as much soda, hot dogs and ice cream as they want. Some Norwegians make a fancy brunch before heading to the local parade. For the *koldtbord* (smorgasbord), favorites include smoked salmon, trout, cured meats, scrambled eggs, porridge, salads and champagne. Later in the day, enjoy coffee with *bløtkake*, a layered cream cake with fresh fruit—often using blueberries and strawberries to make a flag on top. Heart-shaped waffles and *kransekake* (a tiered almond ring cake made of ground almonds, sugar and egg whites) may be decorated with Norwegian flag toothpicks. Hurra for Syttende Mai!

Jump on the Trend of Nordic Walking

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

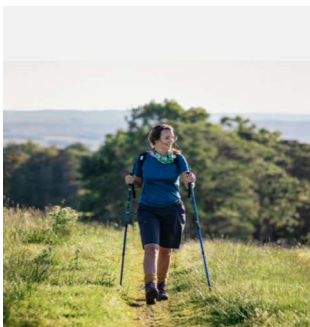
A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program



Chocolate Cardamom Ice Cream

What better way to celebrate Syttende Mai than with some delicious homemade ice cream!

Submitted by Christopher Mohs, Vikingland Lodge
1-495, Detroit Lakes, MN

Ingredients

- 1 cup milk
- 1/2 cup good quality cocoa powder
- 3/4 cup sugar
- 2 cups heavy cream
- pinch salt
- 1/4 tsp. ground cardamom

Directions

Begin by preparing the ice cream base. In a saucepan over low to medium heat, slowly heat up the milk, cocoa powder, cardamom, salt and sugar—stirring constantly. You want to increase the temperature just enough to dissolve the sugar. Once the sugar is dissolved, remove from the heat and allow it to cool slightly. Then gently whisk in the heavy cream. Cover with plastic wrap or a cling film and place in the refrigerator to completely cool, about 4 hours.

Now it's time to make the ice cream. Using an ice cream maker (and ensuring that your core is nice and frozen), pour the ice cream base in and churn per the manufacturer's instructions. This is usually 20-30 minutes. When the base is ready, divide up into ice cream containers of your choice (or just use a food safe bowl). Place in the freezer for at least 8 hours and enjoy.



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

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.



Hípp, Hípp
Hurra
Syttende Maí!



Fridtjof Nansen #6-009 Long Beach, CA
www.nansenlodgelongbeach.com
www.sofn6.com
www.facebook.com/longbeacchsofn

Troann Mortensen Loy
9062 Kahului Dr.
Huntington Beach, CA 92646
tm4rb5@gmail.com
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