

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 91, Issue 7

July 2021

### *Ord Fra Presidenten...*

*What a great meeting we had in June; so nice to be meeting inside again. A special thank you to Johan Olsen for his great program on Norway in WWII. At the July meeting; we are going to have another great program by the Olsen. They will share with us "the history of Norwegian money".*

*We want to be involved with the community so we can get our name out there. Hopefully that will encourage people to join us.*

*First - The Ronald McDonald House – We have provided a meal for them before; but now they have a wish list of items they need. Here are a few items they need if you want more look on their website.*

*Travel size toilettes, foil, paper towels etc.*

*Second – The SPCA – Long Beach animal Shelter – They need blankets, toys, food.*

*Please bring items to our next lodge mtg.*

*Finally we want to have an "Open House" in September. Start thinking about what you can bring and share about our heritage.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

July 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 August.

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

*July's Program will be provided by  
Sylvi and Johan Olsen.*

*The history of Norwegian Money  
Food provided by Board.  
Using Covid precautions.*

***NO Meeting in AUGUST***



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	

**Legit or Legend? Viking funerals proposed in Maine**

A bill was recently introduced in the Maine legislature which, if passed, would allow a nonprofit to perform Viking funerals.

Imagine the scene: a fallen warrior is placed on a sailboat and pushed out to sea. Flaming arrows cascade onto the ship as the deceased departs to Valhalla in a fiery farewell.

But did the Vikings actually practice this funeral custom? In reality, the flaming boat turns out to be a favorite trope of pop culture, rather than historical fact.

Research of their graves reveals that the Vikings interred their dead with possessions that would be helpful in the afterlife, and—if they were wealthy—in ships such as the Oseberg ship. But this was done on land. Burial mounds were typically marked with stones in the shape of a ship or an oval.

Contents of Viking graves also show that remains were cremated elsewhere, as there is no charcoal or burnt wood present in the burial mounds.



**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

# Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 6/12/21

Start time approx. 12:00 / called to order @ 12:45/ concluded approx. 2:30

- **Velkommen - YAYYYY – IT’S SO NICE TO SEE EACH OTHER AGAIN!!!!** This is our first meeting back in the church for more than a year!! It felt great to get back into the swing of things by decorating the tables, talking, and singing, laughing, enjoying our program, and breaking bread with our Lodge family. We were **18 strong** today.
- **Blessing & Lunch**
  - o After our Norwegian prayer, we lined up for today’s lunch hosted by the lodge. Lots of lasagna, green salads, fruit salad, bread sticks and plenty of desserts.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Language Lesson – hosted by John Olsen**
  - o Today’s language lesson was focused on words surrounding “war” since our program subject for today is the “German Invasion in Norway” during WWII. **THANK YOU John for helping us to pronounce the words correctly.**
- **Birthdays this month - Happy Birthday to Pat Lampe.**
- **Topic for Today – German Occupation in Norway during WWII – Hosted by John Olsen**
  - o I can write an entire page outlining John’s presentation but will summarize it by saying Norwegian life during the German occupation of at least 5 years was **very** difficult.
    - German soldiers were assigned to residential houses and were the first to receive food, clothing and supplies while the Norwegian citizens stood in line for milk, and other food rationed items
    - No clothing, no shoes, no books, no paper and no school
    - The kids would run home and hide in the basement when the air raids / bombers were heard
    - John’s Dad fought in the war and Sylvi’s uncle was sent to a German concentration camp
    - My eyes fill with tears at the thought of what the Norwegians had to endure during this time (not knowing if or when it will all be over)
- **Today’s announcements**
  - o Ginnie Wilcox handed out awards and pins – **THANK YOU Ginnie and CONGRATULATIONS to All!** 😊
    - **Anniversary certificates –**

2019-2020	Years	2020-2021	Years
Gunvor Anderson	55	Drossy Tuggle	55
Kirsten Loumeau	55	<b>Cleone Hatwin</b>	<b>35</b>
Sigrid Berg	55	Elenora Nyren	20
<b>Theresa Broadhead</b>	<b>15</b>	Roni Lyon	10
Victoria Gammer	10	<b>Andrea Marshall</b>	<b>5</b>
<b>Darlene Letnes</b>	<b>5</b>	<b>Phillip Peterson</b>	<b>5</b>
<b>Flora Morgan</b>	<b>5</b>		
    - **Recruitment pin** – Phil Knudsen
    - **Perfect attendance** – Troann, Phebe, John & Sylvi, & Jeanne
  - o Ginnie Wilcox also handed out name tags
  - o Phebe handed out Ligonberry jams to all the officers
  - o The 50/50 winner for today was **John Olsen**. The lodge will split the \$47.00 raised with John. **Congratulations!**
  - o Do we want to meet in July and/or August? **Overwhelmingly.....July was selected.**
  - o And I almost forgot, **HAPPY 91<sup>ST</sup> ANNIVERSARY TO OUR LODGE**
- **Our next meeting is July 10, 2021**
  - o Lunch will be provided by the lodge.
- **Save the Date – September 11, 2021**
  - o Our first meeting after the August Break
- Troann closed the meeting with **“May Peace and Harmony prevail though in the lodge”**.

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

OLE WAS driving a wagonload of wheat to town when a wheel was caught in the ditch and overturned. Sven saw it and came out to inspect the wheel.

"Hey, Ole," he called out. "I'll help you turn the wagon back over and fill it up again. But I'm about to eat dinner. Why don't you come and have dinner with me? Then we'll go to work."

"Thank you, Sven," Ole answered, "but I don't think Lena would like me to."

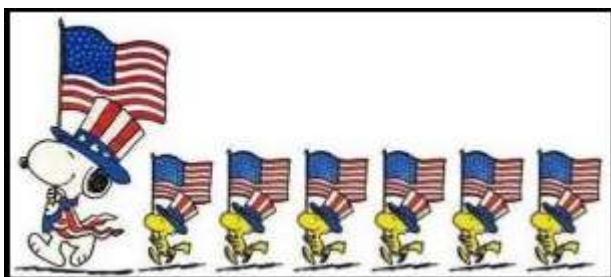
"Oh, come on!" Sven insisted.

"OK," Ole finally agreed, "but Lena won't like it."

Ate a hearty dinner, Ole thanked his host. "I feel a lot better now, but I know Lena's going to be upset," he said.

"Don't worry so much," said Sven. "By the way, where is she?"

"Under the wagon," said Ole.



[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***



**July**

4 – Independence Day

10 – Lodge Meeting

**August**

**No lodge meeting**

**September**

11 – Lodge Meeting

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



**JULY**

11 – Eleonora Nyren

13 – Steve Onorato

18 – Roni Lion

(our webmaster)

**AUGUST**

19 – Terry Lord

29 – Doreen Ann Wendell

## Agurksalat - Norwegian Cucumber Salad

Serves 4-6

Yields: 1 quart

Prep time: 1 hour 15 minutes

### Ingredients:

1 seedless European cucumber

1 Tbsp. parsley

2/3 cup white vinegar

2/3 cup cold water

3 1/2 Tbsp. granulated sugar

1/2 tsp. salt

1/4 tsp. pepper

### Directions:

Slice the cucumber thinly with a sharp knife.

Mix the dressing ingredients well and pour over cucumber slices in serving bowl.

Refrigerate for at least an hour.

Sprinkle with chopped parsley and serve.



## **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.**



## **Have you heard of the Kavli Prize?**

While you may be familiar with the Nobel Peace Prize awarded by the Norwegian Nobel Committee, there is a newer, less-known prize in the news. The Kavli Prize recognizes scientific creativity and celebrates outstanding achievements in the fields of astrophysics, nanoscience, and neuroscience.

Established by Fred Kavli who was born on a small farm in Eresfjord, Norway, Kavli later moved to California. He was a physicist, entrepreneur, and philanthropist. His lifelong fascination with science led him to establish the U.S.-based Kavli Foundation in 2005. Since 2008, awards have gone to 54 scientists from thirteen countries including the United States, United Kingdom, Germany, Austria, France, Netherlands, Lithuania, Japan, Norway, Russia, Czechia, Sweden and Switzerland.

Nominations for The Kavli Prize open this year September 1 and close on December 1, 2021. The Norwegian Academy of Science and Letters will award three prizes in 2022, using the recommendations of independent committees for each field. Norway's Royal Family presides over a ceremony held in Oslo, where prize recipients receive a gold medal, scroll and cash equivalent to one million US dollars. Read more about the Kavli Prize and watch fascinating videos about discoveries by Kavli laureates online at <https://kavliprize.org>.

# CAMP OLDFJELL



**\$200**  
**Sat-Tue**

**\$100**  
**Sat-Sun**

## Save the Dates!

**Saturday, September 18<sup>th</sup> to**  
**Tuesday, September 21<sup>st</sup>**



Camp Oldfjell is held at District Six's  
Recreation Center, Camp Norge,  
located in Alta, California.



Meals are included in registration fee. Attendees are responsible for their own lodging. Visit Camp Norge's website for details on lodging and the latest news on Camp Oldfjell: [www.campnorge.org](http://www.campnorge.org). Course Catalog and Registration will be posted [HERE](#) when available.



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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