

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 91, 8 Issue

August 2021

### *Ord Fra Presidenten...*

*Hope you are enjoying your summer? I am personally trying to stay cool, this heat is a killer.*

*A big thank you to Sylvi and Johan for their June program on Norwegian money.*

### *We are not meeting in August!*

*Just wait to see what we are planning for the Lodge meetings starting in September. September we are lucky to have Luella Grangaard come and present our program. October we are planning an open house to share our Norwegian heritage. Invite your friends.*

*November Martha Green will share with us about Trolls.*

*December we will be celebrating Christmas.*

*It is going to be great fun, you will not want to miss any month.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday  
September 11, 2021 at 12:00pm

**District President Luella Grangaard will present the program "Ivory Vikings".**

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!*

***THERE IS NO MEETING IN  
AUGUST 2021.***



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)830-8647
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	



**Trollkrem - Troll Cream**

Inspired by a classic Scandinavian recipe, this unusual-sounding dessert is actually very simple to make, and much more delicious than it sounds! Using tart lingonberries, Karen's creamy dessert is worth a try.

Ingredients

3 egg whites  
6 Tbsp. of lingonberry jam, **or** an 8 oz / 225 g jar of preserved lingonberries in syrup, drained  
\*50 grams / 1/4 cup granulated sugar (\*use only if using unsweetened lingonberries)

Directions

Whisk the egg whites in a mixer with half of the lingonberries (that have been drained) or half of the jam. Whisk until the egg whites are light and fluffy.

Add the sugar, if using, and whisk until the egg white mixture holds soft peaks.

Swirl the remaining lingonberries or preserve through the dessert and serve in small bowls or spoon into a large serving bowl. Eat within 24 hours, as the egg whites start to collapse if no sugar is used.

By [Karen Burns-Booth](#) of greatbritishchefs.com

*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 July Lodge Meeting:

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 7/10/21

Start time approx. 12:00 / called to order @ 12:52/ concluded approx. 1:35

- **Velkommen to our “First Ever JULY meeting”** (well, since I have been a member...lol) - By popular demand, we voted in June to meet in July and what a **GREAT** turn out we had today - **22 strong!!!** It's **awesome to see new members & guests and Lillian with a bag of coins.** 😊 **THANK YOU SO MUCH!!!**
- **Blessing & Lunch**
  - o After our Norwegian prayer, we lined up for today's lunch hosted by the lodge. With a beach theme in mind, we had hot dogs, kraut, mac & cheese, green salad, fruit salad, corn on the cob, tons of snacks & dessert. And to our wonderful surprise, the **Norwegian waffle fairy appeared** with all the trimmings. 😊 **Yummmm**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Language Lesson** – hosted by **John**
  - o Today's language lesson was focused on Norwegian money.
- **Today's Program – Norwegian Money – Hosted by John & Sylvi Olsen THANK YOU Both!** 😊
  - o In today's world, Norway mostly uses some sort of card ie atm, credit, bank, visa etc. But before.....
  - o The Norwegian currency is the Kroner (NOK). 1 NOK is divided into 100 øre (cents). Coins are calculated in the following denominations: 1 krone, 5 kroner, 10 kroner and 20 kroner. The krone, plural kroner, has existed since 2012. The name translates to English as “crown”.
  - o **Latest history** - In 1875, coins were introduced (some dated 1874) in denominations of 10 and 50 øre and 1 and 10 kroner. These coins also bore the denomination in the previous currency, as 3, 15, and 30 [skillings](#) and 2½ specidaler. Between 1875 and 1878, the new coinage was introduced in full denominations of 1, 2, 5, 10, 25, and 50 øre and 1, 2, and 10 kroner. The 1, 2, and 5 øre were struck in bronze; the 10, 25, and 50 øre and 1 and 2 kroner, in silver; and the 10 and 20 kroner, in gold.
  - o The last gold coins were issued in 1910; silver was replaced by cupro-nickel from 1920. Between 1917 and 1921, iron temporarily replaced bronze. 1917 also saw the last issuance of 2-kroner coins.
  - o In 1963, 5-kroner coins were introduced. Production of 1- and 2-øre coins ceased in 1972. The following year, the size of the 5-øre coin was reduced; production of the denomination ceased in 1982, along with minting of the 25 øre. Ten-kroner coins were introduced in 1983. In 1992, the last 10-øre coins were minted.
  - o Between 1994 and 1998, a new coinage was introduced, consisting of 50 øre, 1, 5, 10, and 20 kroner. These are the only coins which are currently legal tender, with the exception of the 50-øre coin which was [withdrawn](#) on 1 May 2012. It was withdrawn because it was no longer circulating as an ordinary coin used for payment.<sup>[2]</sup> However, banks in Norway will still exchange 50-øre coins for higher values until 2022.
  - o **Do you have any Norwegian coins with the holes in the middle????? We would love to make necklaces out of them.**



- **Birthdays this month – HAPPY BIRTHDAY to Roni Lions, Eleonora Nyren & Steve Onorato!!!**
- **Today's announcements**
  - o Ginnie Wilcox was able to present **Cleone Hatwan with her 35 YEAR Anniversary certificate** – wooo hooo!! Ginnie also handed out name tags **THANK YOU Ginnie and CONGRATULATIONS to All!** 😊
  - o **Today's 50/50 pot of \$30** will be shared with **Terry Lord**. (Terry has donated her share to the lodge.) **Congratulations!**
- **Our next meeting is September 11, 2021**
  - o **Luella Grangaard – District 6 President** will be here to tell us about the **“Ivory Vikings”**. Oh boy, you **don't** want to miss this one!
  - o Please **bring your aluminum tags** as we almost have a gallon bag full. **Wooo hooo**
- **Future meeting programs** will include an Open House with a Silent Auction, Norwegian Gods, and Trolls.
- **We are looking for a new Zone Director. Are you interested? Please contact Troann.**
- Troann closed the meeting with **“May Peace and Harmony prevail throughout the lodge”**.

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

Did you hear about the Norwegian secretary? She is so experienced, she can type 20 mistakes a minute!

*Have you lived here all your life? the visitor asked Ole.*

*“Vell, no, not yet I ain’t!” was Ole’s reply.*

Lena walked into a Norwegian grocery store. “Dew yew have brown sugar?” she asked.

“Vell, no.” said the grocer. “Ven it gets dirty, vet row it away.”

## ***Kalendaren – Calendar***



AUGUST

NO LODGE MEETING THIS MONTH.

Friday August 6 – Board Meeting at Wilcox’s home.

SEPTEMBER

6 – Labor Day

11 – Lodge Meeting

**District President Luella Grangaard will present a program on the “Ivory Vikings”.**

12 – Grandparents’ Day

22 – First Day Autumn

### **Membership Dues:**

Single Membership is \$60

Family Membership is \$95

**[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.

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



August

19 – Terry Lord

29 – Doreen Ann Wendell



## Central California Kretsstevne (CCK) 2021

Flying Flags RV Park  
180 Avenue of the Flags, Buellton

October 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 2021

**REGISTRATION DEADLINE: Sept. 1, 2021**



The CCK Committee cordially invites all Sons of Norway members and their guests to attend the 2021 CCK at the beautiful Flying Flags facility in Buellton, just 45 miles north of Santa Barbara on Hwy 101 for fun, fellowship, and great food – don't miss out!

Name(s) \_\_\_\_\_  
Lodge: \_\_\_\_\_ # \_\_\_\_\_  
Your E-Mail Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ First Time Attendee: (yes/no) \_\_\_\_\_  
Child(ren): (please give names and ages) \_\_\_\_\_  
Additional Adult Guests: \_\_\_\_\_  
Present or Past District (not Lodge) Office(s) held: \_\_\_\_\_

### Following are the Prices for Registration, Meals and RV parking:

#### Registration & Meals:

- \$ \_\_\_\_\_ Weekend Package: \$52 per adult (includes registration fee and Friday dinner thru Sunday breakfast)
- \$ \_\_\_\_\_ Weekend Package: \$27 per child aged 10 to 17. (Friday through Sunday)
- \$ \_\_\_\_\_ Weekend Package: \$42 per person (includes registration fee and Saturday brunch thru Sunday breakfast)
- \$ \_\_\_\_\_ Weekend Package: \$22 per child aged 10 to 17 (Saturday through Sunday)

#### OR Daily Registration fee and Individual Meals:

- \$ \_\_\_\_\_ Registration Fee: \$9.00 per adult, \$5.00 per child ages 10 to 17, children under 10 free
- Registration includes a commemorative Kretsstevne Pin

#### Individual meals for Adults are:

- \$ \_\_\_\_\_ Friday Dinner: \$10.00 (x # needed)
- \$ \_\_\_\_\_ Saturday brunch: \$8.00 (x # needed)
- \$ \_\_\_\_\_ Saturday night dinner: \$15.00 (x # needed)
- \$ \_\_\_\_\_ Sunday continental breakfast: \$10.00 (x # needed)

#### Individual meals for Children are:

- \$ \_\_\_\_\_ Friday Dinner: \$5.00 (x # needed)
- \$ \_\_\_\_\_ Saturday brunch: \$4.00 (x # needed)
- \$ \_\_\_\_\_ Saturday night dinner: \$8.00 (x # needed)
- \$ \_\_\_\_\_ Sunday continental breakfast: \$5.00 (x # needed)

\$ \_\_\_\_\_ Total amount due for registration and meals.

As in the past the CCK 2021 worked with the resort to set aside RV spaces and Cabins. Notices for these reservations were sent out earlier and the registration deadline has passed. However, you might contact Vidar Bech at 1 (818) 939-5077 to see if he has some additional information.

MAKE CHECKS PAYABLE TO: "CCK" AND MAIL WITH THIS COMPLETED REGISTRATION FORM TO: Vidar Bech 19536 Gault Street Reseda CA 91335 ([vidar.bech@nornor.com](mailto:vidar.bech@nornor.com))

**TAKK FOR SIST ~ WE ARE LOOKING FORWARD TO SEEING YOU IN OCTOBER!**



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)

### 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.



Fridtjof Nansen #6-009 Long Beach, CA

[www.nansenlodgelongbeach.com](http://www.nansenlodgelongbeach.com)

[www.sofn6.com](http://www.sofn6.com)

[www.facebook.com/longbeacchsofn](http://www.facebook.com/longbeacchsofn)

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