

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 91, Issue 9

September 2021

### *Ord Fra Presidenten...*

*I am so looking forward to having Luella at our September 11 meeting. She is a great and a very District President and we appreciate her taking the time to present a program for our lodge.*

*We need some new officers for our lodge. We as members all need to share in the work of the lodge so we will keep going and growing. Please invite your friends and family to join us at a meeting.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday  
September 11, 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!*

District President Luella Grangaard will be with us this Lodge Meeting to make a presentation on the IVORY VIKINGS.

Lunch will be provided by the Lodge Board.

We are still obscuring Corvid precautions.



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	



**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
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- 7) No Annual Service Fees
- 8) Penalty Free RMD Withdrawals for IRS's
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- 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

**Explore Your Nordic Heritage and Family History**

Gain fresh appreciation for your unique family history and discover the lives of those who came before. The more you learn, the more YOU'LL WANT TO LEARN!

Get connected to your proud Scandinavian roots with a Sons of Norway membership. The exclusive, members-only Genealogy program guides you with insights into Norwegian names, history and society, as you research family stories and ancestors.

Membership in Sons of Norway connects YOU to authentic folk arts, genealogy, music, literature —14 fascinating topics to explore. Plus, gain insights into Nordic culture, past and present. It's genius! Daughters, sons and friends of Norway are welcome to join the fun.

Also just for members:

- Viking magazine
- Genealogy tips and guide
- Members-only discounts
- Access to financial products
- Local chapters and events & more!

Get closer to your Nordic heritage with a Sons of Norway membership today!



**SONS of  
NORWAY**



## Spice-Crusted Salmon with Aquavit Sour Cream

The spices that are used in this salmon dish may lead you to think that this is a Middle Eastern recipe. All the spices, however, are also ingredients in the traditional Scandinavian aquavit - the potato-based liquor. Serves 2.

### Ingredients:

- 1 pound (½ kg) salmon fillet, skin on, any pin bones removed
- 2 tsp. coriander seeds, crushed
- 2 tsp. cumin seeds
- 2 tsp. dill seeds
- 2 tsp. fennel seeds
- 1 tsp. salt
- ¼ cup (½ dl) fresh lemon juice
- ¼ cup (½ dl) sour cream
- 1 Tbsp. aquavit
- 1 tsp. caraway seeds
- 1 Tbsp. finely chopped fresh chervil
- 2 tsp. white wine vinegar, or to taste

### Directions:

Preheat the oven to 350°F / 175°C

Rinse the fish under cold running water. Pat dry with paper towels. In a small skillet, toast the coriander, cumin, dill, and fennel seeds over medium heat for about 2 minutes, until they start to release their fragrance. Transfer to a small bowl, add the salt, and mix well. Rub the fish with the spice mixture and place in a baking dish. Sprinkle with 1 tablespoon of the lemon juice. Cover and let marinate in the refrigerator for 1 to 2 hours. To prepare the aquavit sour cream, in a small bowl, mix together the sour cream, aquavit, caraway seeds, and chervil. Add vinegar to taste. Cover and refrigerate.

Place the baking dish with the fish on the middle oven rack and bake for 12 to 15 minutes, until the fish flakes nicely with a fork. Serve the fish topped with the sour cream and accompanied by the fennel.

Note: If you cannot find aquavit, season the sour cream with ¼ teaspoon ground fennel seeds, ¼ teaspoon ground dill seeds, ¼ teaspoon ground cumin seeds, 1 teaspoon sugar, and 1 tablespoon brandy.

Recipe from Andreas Viestad, NEW SCANDINAVIAN COOKING

<https://www.newscancook.com/seafood/spice-crusted-salmon-with-aquavit-sour-cream>

## **A Bit of Humor:**

*“Have you christened yer new baby yet, Pete?” asked Ole.*

*“Vell, ya, ve have,” replied Pete?” asked Ole.*

*“Vell, ya, ve have, “ replied Pete.*

*“And vat did yew name her?”*

*“Hazel”*

*“Vot!” yelled Ole. “Ve have two Hundred and fourty-seven saints tew name da kid after, and den yew go and name her after a nut!!”*

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Hilda thinks it's time to go on a diet, when you have to let your shower curtain out!!!

### **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.

## **Kalendaren – Calendar**



### **September**

6 – Labor Day

11 – Lodge Meeting

12 – Grandparents' Day

22 – First Day of Autumn

26 – Gold Star Mother's Day

### **October**

9 – Lodge meeting

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



### **September**

6 – Clara Chase

15 - Vaiotana Alvale

21 – Ada Soberg

28 – Troann Loy

## 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 King's Choice

April 1940. Norway has been invaded by Germany and the royal family and government have fled into the interior. The German envoy to Norway tries to negotiate a peace. Ultimately, the decision on Norway's future will rest with the King.

On Youtube: <https://youtu.be/FrtZEYgcalc>

Norwegian audio, English text.  
Lots of ads. \$11.95/month without ads.

## HILSEN FRA KULTURDIREKTØREN

### Greetings from your Cultural Director,

Hei, summer is fast approaching. Summer Solstice is a cause for celebration in Norway and many parts of the United States. It means that summer is here and the days will be long for a while.

In Norway, summer (sommer) solstice is traditionally celebrated with family and friends. Hopefully, this year we can do that. Celebrations include barbecues, outdoor picnics, and bonfires (kyst). In the US, we do the same things.

In Norway, the bonfires last well into the night as the sun doesn't really set. It's twilight at least until midnight. Close to the North Pole, in the Arctic Circle, the sun doesn't set at all. It's twilight all night.

How will you celebrate the summer solstice?

Plans are being worked on for Camp Oldfjell which is scheduled for Sept. 18 thru 21, 2021 at Camp Norge. Class offerings will be similar to 2019 and a catalog of offerings is nearing completion. It will be posted on the district six website soon. Registration will be through the District Six website also.

I hope many of you are working on projects to exhibit at the 2022 district convention in June 2022 held in Mesa, AZ.

Have a great summer everyone! Your  
Cultural Director,

| Judy Immel



## NORWAYS OLYMPICS RESULTS:

Medal	Name	Sport	Event	Date
1 Gold	Kristian Blummenfelt	Triathlon	Men's individual	26 July
1 Gold	Karsten Warholm	Athletics	Men's 400 m hurdles	3 August
1 Gold	Anders Mol Christian Sørum	Volleyball	Men's beach	7 August
1 Gold	Jakob Ingebrigtsen	Athletics	Men's 1500 m	7 August
2 Silver	Kjetil Borch	Rowing	Men's single sculls	30 July
2 Silver	Eivind Henriksen	Athletics	Men's hammer throw	4 August
3 Bronze	Hermann Tomasgaard	Sailing	Men's laser	1 August
3 Bronze	Norway women's national handball team Henny Reistad      Silje Solberg      Sanna Solberg- Veronica Kristiansen      Kari Brattset Dale      Isaksen Marit Malm Frafjord      Katrine Lunde      Kristine Breistøl Stine Skogrand      Marit Røsberg      Marta Tomac Nora Mørk      Jacobsen      Vilde Johansen Stine Bredal Oftedal      Camilla Herrem	Handball	Women's tournament	8 August



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.



SAVE THE DATE

# District Six 2022 Convention

June 2022 

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Sheraton Mesa Hotel  
Mesa, Arizona



Fridtjof Nansen #6-009 Long Beach, CA  
[www.nansenlodgelongbeach.com](http://www.nansenlodgelongbeach.com)  
[www.sofn6.com](http://www.sofn6.com)  
[www.facebook.com/longbeachsofn](https://www.facebook.com/longbeachsofn)

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