

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 91, Issue 10

October 2021

Ord Fra Presidenten...

Thank you to our District 6th President Luella for coming to our lodge to tell us about the Ivory Vikings. The program was enjoyed by all.

As you are reading this I am in Hawaii with my family enjoying a vacation. Don't worry I will be back by our next Lodge meeting on October 9. We need your Norwegian items to put out on display to share our culture. There will be a great luncheon served. Invite friends and families for a great time.

Troann has ordered Norwegian calendars for 2022. If interested they cost \$11:00 and talk to her.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on Saturday

October 9, 2021

at 12:00 pm to 2:00pm

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!

Join us for the Lodge's Open House.

We will have Norwegian food and Displays of Norwegian items from our Norwegian culture.



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 Friconi	(562) 430-5092
Vice President:	Johan Olsen	(714) 537-9646
Treasurers:	Troann Loy	(714) 963-4830
Secretary:	Terry Lord	(714)3692420
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 Friconi	(562) 430-5092
Trustee:	Cleone	(562) 633-6752

Lefse...our secret weapon. . .

Is there anything better than the aroma of freshly-made lefse? With fall weather, many of us turn to favorite Norwegian recipes for homemade treats. When you gift friends or sell those favorites at lodge bake sales, don't forget to tuck in an invitation for non-members to join Sons of Norway!



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

Happy Foundation Month!

Thanks to our generous donors, in 2021, the Sons of Norway Foundation:

- Awarded \$110,000 in 2021 scholarship awards
- Offered over \$20,000 in grants to support Nordic culture and heritage events

Find out more about application deadlines for 2022 awards:

<https://www.sofn.com/foundation/>

Please consider donating to the Sons of Norway Foundation so we can continue to make a positive impact in our communities. Contact Emily Stark, Foundation Development Manager at estark@sofn.com or 612-821-4655.



Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 9/11/21

Start time approx. 12:10 / called to order @ 12:55/ concluded approx. 2:10

- **Velkommen to the “Largest Attendance Meeting of the Year”** - What a **GREAT turn out** we had today - **29 strong!!!** It's awesome to see our friends, families, new visitors, members of the Solbakken Lodge, our Cultural & Social Directors along with our District President. **Woo hoo!** Ginnie Wilcox introduced & welcomed all of our new guests.
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today's lunch hosted by the lodge. Pizza, green & fruit salads and a variety of desserts.
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Birthdays this month – HAPPY BIRTHDAY to Vaitotana Alvale, Clara Chase, Ada Soberg, & Troann Loy!!!**
- **Remembering 9/11** – hosted by **John Olsen** o John outlined the timing of the 9/11 tragedy in America.
 - o On 7/22/2011, another tragedy occurred at Norway's Official Bldg in Oslo. The culprit then goes to Utoya, where a camp for youth members for the Norwegian labor party are, and in a fake police uniform kills 69 lives and injures 66 others before being stopped by police.
 - o A moment of silence was given for each of these tragedies.
- **Language Lesson** – hosted by **John Olsen** o Today's language lesson was focused on our presentation regarding the Ivory Vikings.
- **Today's Program – The Ivory Vikings (The Lewis Chessman) – Hosted by Luella Grangaard** o We are SOOO HAPPY & EXCITED to



have Luella visiting our lodge today.

- o In 1831 on the Isle of Lewis (the far western Isle in Scotland once under Viking rule), the sea exposed an ancient treasure cache of chessmen carved from walrus ivory. This cache is known as the “Lewis Chessmen”. It is believed the pieces were carved in Iceland by master craftswoman, Margaret the Adroit. The Lewis Chessmen collection is currently housed in the British Museum of London. Did you know Trondheim was the capital of the Ivory trade?
- o There is so much to share but perhaps a better way for a high level overview is to look on the internet under Lewis Chessmen https://en.wikipedia.org/wiki/Lewis_chessmen OR read some of the many books found online.
- o I wonder if it's a coincidence that Magnus Carlsen is the Chess Grandmaster and world champion. o Luella is such an avid reader in Norwegian Lore & sagas that she wanted to share some other good reads: **The Mercies** by Madeline Miller; **Searching for Nora** by Wendy Swallow; **A Doll's House** by Henrik Ibsen; **The Almost Nearly Perfect People** by Michael Booth; **Summer Light** by Andrew Stevenson; **Jenny** by Sigrid Undset; **Don't Look Back** by Karin Fossum to name a few.
- **Thank You Awards were given to Troann Loy & Phebe Fricioni for their tireless dedication to making this lodge a success.** Words cannot express our gratitude for having these leaders in our lodge. **Congratulations!**



- **Today's announcements**
 - o **Today's 50/50 pot of \$42** will be shared with **Clara Chase**. (She is also a birthday girl.) **Congratulations!**
- **Our next meeting is October 9, 2021 and will be an OPEN HOUSE from 12:00 to 2:00.**
 - o Please bring all things Norwegian and come at 10:30 am to help set up. **This is a big day for our lodge.** - **We are looking for a Nominating Committee – 2 members and a board member.** We will be voting for officers in December. Also, we continue to look for a new Zone Director. **Are you interested? Please contact Troann or Phebe.** -In closing, Troann's message is “**May Peace and Harmony prevail throughout the lodge**”.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

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

Ole was walking home late one night when he decided to take a short cut through the cemetery. Suddenly he fell into a newly dug grave. Several minutes Sven, who had a little too much to drink, strolled through the cemetery. "Hey, I'm freezing down here!" he heard Ole calling from below. Sven looked over the edge of the grave. "Vell, no wonder," he said, "yew kicked off all your dirt!"

Membership Dues:

Single Membership is \$60
Family Membership is \$95

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



OCTOBER

9 – Fridtjof Nansen Lodge Open House

11 – Columbus Day



31 – Halloween



This Month's Birthdays. . . Gratulerer Med Dagen



October

1 – Darlene Letnes

2 – Brad Madiuk

3 – Kirsten Roberts

10 – Fridtjof Nansen

24 – Drossy Tuggle

27 – Alexander Hamagishi

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.

Hope Floats

Inspired by Norway's stave churches, Hope Cathedral is a unique structure, floating on a barge near the mouth of the river Glomma in Fredrikstad, Norway. It is constructed out of timber and over a thousand plastic fish boxes. The multi-colored fish boxes, recovered during shoreline clean-ups, have been recycled into jewel-like roof tiles.

Solveig Egeland, an artist and cultural advisor to the Church of Norway's Diocese of Borg, was inspired to start the project back in 2018 as she witnessed more and more plastic waste being deposited on her favorite beaches. In their stead, she envisioned an edifice of many colors rising from the sea. That fall, 35 volunteers banded together to realize her dream.

They have since been joined by thousands of people from across the globe, binding people of different faiths and nationalities together into a supportive, sustainability-focused community. Now nearly finished, Hope Cathedral was opened to the public on June 5, 2021.

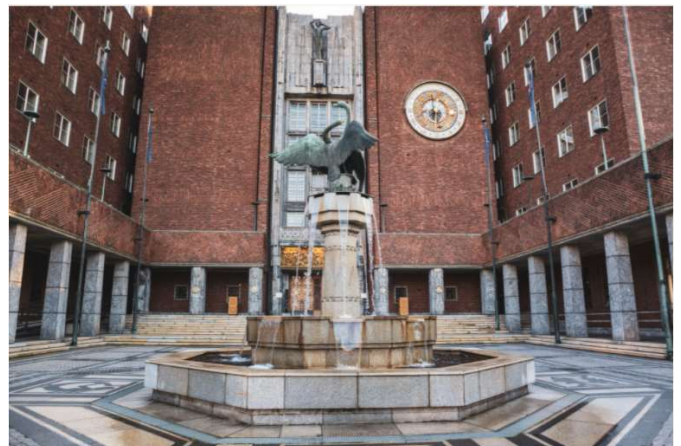
To find out more, visit their website: hopecathedral.no

Peace Prize Nominees Named in Oslo

The nomination process for the Nobel Peace Prize (*Nobels fredspris*) begins each September, and the laureates are revealed in October the following year. In December, the Nobel medals and diplomas are conferred along with a prize of 10 million Swedish *kronor* (the 2020 amount), around \$1.16 million US dollars. Who was nominated and who made the nominations is kept secret for 50 years, even from the nominees.

In 1895, the will of Swedish inventor Alfred Nobel set up prizes for Peace, Chemistry, Physics, Physiology or Medicine and Literature. The Nobel Peace Prize is awarded to those who have “done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies and for the holding and promotion of peace congresses.”

Det Norske Nobelinstitutt was established in 1904 and is housed in Oslo. In 2020, the committee received 318 candidates. The award ceremony takes place at Oslo City Hall before the King of Norway each year on the death date of Alfred Nobel, December 10th. The 2020 Nobel Peace Prize went to World Food Programme for hunger prevention in conflict-affected areas of the world.





Creamy Wild Mushroom Soup

When autumn arrives and the days are getting shorter in Norway, my body aches for soup. But as summer laziness still murmurs in me, I don't want to get involved in long-lasting projects. This soup is easy to make, and tastes wonderfully rich. Serves 4.

Ingredients:

- 1 lb. (450 g) chanterelles (alternatively, button mushrooms, Portobello or shiitakes), sliced
- 3 Tbsp. dried forest mushrooms, crushed
- 2 medium shallots, chopped
- 1 clove garlic, chopped
- 2 tsp. tomato purée (or small handful of sundried tomatoes)
- 4 cups (approximately 1 liter) game stock, vegetable stock or veal stock
- 1 cup (a little more than 2 dl) heavy cream
- ½ tsp. salt
- ½ tsp. pepper
- Swedish-style mustard (or other sweet, grainy mustard) for topping (optional)

Directions:

Melt the butter in a large pot over medium high heat. When melted and foamy, but not brown, add the shallots and garlic, and let simmer for 1 minute. Add the mushrooms, season with salt and pepper, and sauté for 4 minutes, until collapsed and light golden brown. Using a spatula, remove about four tablespoons of the mushrooms for garnishing. Crush the dried mushrooms and add to the pot along with the stock and the cream. Reduce heat to medium, and let simmer for about 5 minutes. Transfer to a blender and mix until smooth. If necessary, return to pot and reheat over medium heat. Transfer to serving bowls and garnish with sautéed mushrooms and mustard (optional).

Norwegian Air Has Been Saved

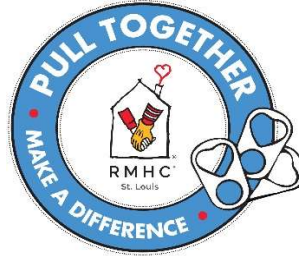
After struggling with the fallout of the coronavirus pandemic, the ailing airline, Norwegian Air Shuttle, “has been saved” according to former CEO Jacob Schram. Part of the solution that brought the airline back to life was solely focusing on European destinations and ceasing other operations. Additionally, the airline cut their fleet from 140 aircrafts to 50. The other key to survival was their debt restructuring plan that helped them raise 6 billion kroner (\$721 million) through the sale of new shares and perpetual bonds. The bankruptcy courts that Norwegian worked with demanded that they raise at least 4.5 billion kroner (\$541 million) to get out of bankruptcy. These funds were attained through loan guarantees from the Norwegian government, as well as other investors. CEO Geir Karlsen, formerly the company’s CFO, was quoted as saying “We have negotiated with 30-40 large banks and several thousand creditors.” Though it was an intense year, Norwegian have changed course and are working towards continued success.





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

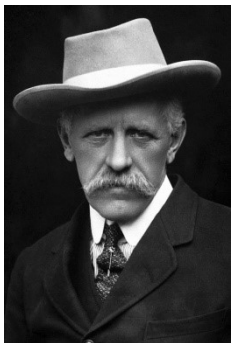
Thanks to our new member Brad Madiuk – Fridtjof Nansen Lodge has a Facebook page.

Yea! Check it out and enjoy. Here's the Facebook page: <https://www.facebook.com/longbeachsofn>

Any suggestions let me know.

Book Club?

Luella shared with us about her lodges Book Club. Would any of you be interested in starting a Book Club at our Lodge? Let Troann know at TM4RB5@gmail.com or (714) 963-4830.



Fridtjof Wedel-Jarlsberg Nansen (10 October 1861 – 13 May 1930) was a Norwegian [polymath](#) and [Nobel Peace Prize laureate](#). He gained prominence at various points in his life as an explorer, scientist, diplomat and humanitarian. He led the team that made the first crossing of the [Greenland](#) interior in 1888, traversing the island on cross-country skis. He won international fame after reaching a record northern latitude of 86°14' during his [Fram expedition](#) of 1893–1896. Although he retired from exploration after his return to Norway, his techniques of polar travel and his innovations in equipment and clothing influenced a generation of subsequent [Arctic](#) and [Antarctic](#) expeditions.

Nansen studied [zoology](#) at the [Royal Frederick University](#) in [Christiania](#) and later worked as a curator at the [University Museum of Bergen](#) where his research on the central nervous system of lower marine creatures earned him a doctorate and helped establish [neuron](#) doctrine. Later, neuroscientist [Santiago Ramón y Cajal](#) won the 1906 Nobel Prize in Medicine for his research on the same subject.^[1] After 1896 his main scientific interest switched to [oceanography](#); in the course of his research he made many scientific cruises, mainly in the North Atlantic, and contributed to the development of modern oceanographic equipment.



Leif Eriksson - Born in the 10th century, was the second son of [Erik the Red](#), who is credited with settling Greenland. For his part, Eriksson is considered by many to be the first European to reach North America, centuries ahead of [Christopher Columbus](#). However, the details of his voyage are a matter of historical debate, with one version claiming his landing accidental and another that he had sailed there intentionally after learning of the region from earlier explorers. In either case, Eriksson eventually returned to Greenland, where he had been commissioned by Norwegian king Olaf I Tryggvason to spread Christianity and is believed to have died circa 1020. In the early 1960s, the discovery of the ruins of a Viking settlement in Newfoundland lent further weight to accounts of Eriksson's voyage, and in 1964 the United States Congress authorized the president to proclaim each October 9 as Leif Eriksson Day.



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