

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92 , 1 Issue

January 2022

Ord Fra Presidenten... What a great Christmas gathering for our December meeting. Nisse was a fantastic hit and dancing around the tree is always so much fun. We are so happy that Drury Ann was able to play the piano for us. The Norwegian foods was delicious seeing that there were no leftovers. Sylvi spoiled us with her typical krumkake with fresh cream and strawberries. It was great to see so many new faces.

It was always a team effort and I am so blessed that our members volunteer to help make it a success.

In January we will be having a presentation by our very own Martha Green on Trolls. If you have any to share, please bring them.

Our Vice President will again enlighten us on Norwegian words befitting the topic.

Save your appetite for ham, scallop potatoes green salad, fresh fruit and yummy desserts provide your Board members.

We appreciate your returning our emails and phone calls on electing our Board.

Phebe Fricioni-President

Johan Olsen-Vice-President

Terry Lord-Secretary

Troann Loy-Treasurer

Thank you to this wonderful hard working members to say yes for another year.



Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on
Saturday January 8, 2022

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!

MARTHA GREENE will present a program on TROLLS. You will enjoy this program and learn something too.

FOOD WILL WE PROVIDED BY THE BOARD.



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 Frizioni	(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 Frizioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	

DISTRICT SIX BOARD POSITIONS ARE OPEN

Anyone wishing to run for office must own a Sons of Norway financial product, complete and submit an application, and be elected as a delegate and attend the convention June 2 through 5, 2022 in Mesa Arizona. Questions can be directed to the committee. Chairman of the District Six Nominating Committee is Mike Johaneson from Zone 8 and can be reached by email at mjmohaneson@gmail.com. Our Zone 2 member of the committee is Michele Edler and can be reached by email at michele.dawn.edler@gmail.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

FROM YOUR ZONE FIVE DIRECTOR Greetings from District 6. We have more of the Beautiful Kretsstevne pins available if you are interested in purchasing one or more. The cost is \$2.00 each and it is a donation to Camp Norge. Please let me know by e-mail or phone TM4RB5@gmail.com or (714) 982-5975. Troann Loy



Minutes from our Lodge Meeting

Fridtjof Nansen Lodge #6-009

Minutes 12/11/2021

A very merry Christmas celebration was enjoyed by all who attended our yearly holiday meeting. There were 36 in attendance ranging in age from one year to 90 something.

At 12:30 Phebe welcomed everyone and we were invited to partake of a sumptuous lunch following the recitation of the Norwegian table prayer. This time of socializing and enjoying a very special meal set the tone for the meeting and festivities to follow.

We joined together for the Pledge of Allegiance and singing the National Anthem and Ja vi elsker.

Sylvi Olsen shared the history of Julenisse, the Norwegian Santa, including how he came to be and how he is an integral part of the Norwegian Christmas celebration and culture. She had an assortment of Nisse dolls to show the different versions. Much like our Santa he is a beloved fixture during the Christmas season.

John Olsen presented our language lesson which was words pertaining to Christmas. After having us repeat them several times he announced that we had all passed with the highest of grades.

Happy birthday was sung to the December birthday folks: John Olsen and Joan McKinney.

Gifts of personalized return address labels with the Sons of Norway logo on them were given to the board members and much appreciated.

Now it was time to get on to the Christmas celebration which began with a sing-along of favorite holiday songs. We actually sounded pretty good thanks to the piano accompaniment of the guest piano player who had been entertaining us throughout. This was followed by everyone dancing around the Christmas tree which is a tradition.

We always enjoy celebrating together and participating in the traditions that are part of our Norwegian/Scandinavian heritage.

The 50/50 drawing was won by Janice Stocz.

The gathering concluded with all of us wishing one another a Merry Christmas.

Respectfully submitted,
Barbara Shepard
Interim

A Bit of Humor:

Lena's maid rushed into the bedroom and cried, "Hurry, ma'am, your husband, Ole, is lying unconscious in the hall beside a large round box, with a piece of paper clutched in his hand!!""Vell how exciting!!" Squealed Lena in delight. "My new fur coat has arrived!!"

"Daddy vill you take me tew da zoo dis afternoon?" begged Little Ole. Ole looked up from his newspaper. "If da zoo wants yew, dey can come and get yew demselves," he grumbled.

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



January

1 – New Year's Day

17 – Martin Luther King Jr. Day

February

2 – Groundhog Day

14 – Valentine's Day

21 – Presidents' Day

This Month's Birthdays. . . Gratulerer Med Dagen



January

10 - Erin Flair

13 – Melissa Rentchler

16 – Valerie Sparr

27 – Paul Ordal

27 – Teresa Broadhead

28 – Kirk Howe

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.



Our member Ardelle Stenson has let us know her daughter Jenni Stenson passed away on 12/1/21 at the young age of forty years from brain cancer. It has been a long and heartbreaking journey for her mother and husband Trevor. Please keep her family in your thoughts and prayers.

Start the New Year with Norwegian Joy!

Make 2022 a year to share Nordic heritage & culture with others. Teach a young child how to make a favorite Norwegian cookie. Pass along a book by your favorite Scandinavian author (tuck in a membership form as a bookmark!). Invite a friend to attend a meeting or lodge activity.

Please keep our Sons of Norway family strong in 2022 by sharing your enthusiasm for all things Norwegian!



Bacalao Stew

In a nod to Christian André Pettersen's bronze award at the 2021 Bocuse d'Or competition, where chefs had to create and execute three courses highlighting the tomato (including a dessert!), here is a tomato-based stew recipe.

Ingredients:

1 1/2 (1/2 kg) pounds salted and dried cod, bacalao
2 pounds (1 kg) potatoes, cut into 1/2-inch slices
3 large yellow onions, cut into 1/2-inch slices
2 cans tomatoes, chopped, with their juices
1 pound (1/2 kg) canned pimientos, drained and cut into 1/2-inch (1 cm) slices
4 to 6 garlic cloves, sliced or crushed
2 bay leaves
1/4 cup (1/2 dl) chopped fresh parsley
1 to 2 dried hot red chiles, chopped and seeded
10 black peppercorns
1 1/2 cups (3 1/2 dl) olive oil

Directions:

Step 1

Soak the salted cod in a large pot of water for 24 – 36 hours, this will vary depending on how dry the cod is, until the fish is softened. Make sure that you change the water at least twice during the softening process to help remove some of the salt.

Step 2

Remove/drain the cod from the pot and cut it into 2-inch chunks.

Step 3

Wash and rinse the pot you used for the cod.

Step 4

In the large pot, layer the potatoes, onions and chunks of cod. Next add in the garlic, bay leaves, pimientos, tomatoes, chiles, olive oil, peppercorns and two-thirds of the chopped parsley. Place this on the stove to simmer for 30 minutes. Reduce the heat to low and cook for another 45 minutes. Shake the pot every 10-15 minutes. DO NOT STIR, this will make the fish fall apart in the soup.

Step 5

Serve the bacalao stew in bowls, garnish with the rest of the parsley and serve with a nice crusty bread.

War Hero Norman Edward Midthun Has Died



American Norman Edward Midthun was the pilot for Crown Prince Olav after the war. He was 96 years old.

August marked the end of an eventful life. Midthun was laid to rest on August 14. Midthun spent large parts of his career in aviation, but it was perhaps the war years that left the deepest mark on the American whose grandparents were born in Norway.

When he was 17, Midthun wanted to enlist in the US Navy Air Force, but was rejected because of his age.

Instead, the choice fell on the Norwegian Air Force (then the Navy and Army Air Force, -Ed.) Which had established itself outside Toronto in "Little Norway."

Despite few expecting him to do so, partly because he barely spoke Norwegian, Midthun became the first American to receive "Norwegian wings" during World War II, according to an obituary published in Star Tribune.

Then he flew, among other things, reconnaissance missions and he transported saboteurs to the coast of Norway during the occupation. When the war was over, he was selected to be the then-Crown Prince Olav's pilot during a post-war mission, among other things to assess the damage inflicted on Norway during the war.



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.



MARTIN LUTHER KING DAY

The recent drought has been very hard on CAMP NORGE.



During this past season, the camp *ran out of water four times*. But there is a solution to the problem! We need to replace the 20-year-old back-up well pump and bring the Camp into the 21st century. *That's where you come in.* We need \$15,000 to bring the system up to date.



Please donate today ☺

<https://gofund.me/e5da7570>

Or if you prefer, make your check payable to Camp Norge and send to P.O. Box 622, Alta, CA 95701 and put “**Let it Flow**” on the memo line.

Questions? Contact Fred Hymans at (916) 412-3797 or fred.hymans@campnorge.org



Fridtjof Nansen #6-009 Long Beach, CA

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