

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92 , Issue

April 2022

Ord Fra Presidenten...

Hello all;

Spring is here and we are here to enjoy it.

Thank you to Phil and Phil for their program on Norwegian transportation.

A very special thanks to Loyd Wilcox for the great Salmon soup we had for lunch. He makes his special soup once a year for us; Always yummy.

In April Steve Onorato and myself will be presenting a program about "The God's and Goddess of Norway" Come find out what you don't know.

I want to welcome Martha Green as our new Publicity person. Thanks Martha.

Med vennlig hilsen, Best Regards,



SONS OF NORWAY

Our next meeting is on

Saturday April 9, 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!

GOD'S AND GODDESS'

THAT IS WHAT WILL BE AT OUR LODGE MEETING.

Great fun and food. The board will supply the luncheon.



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	
Publicity	Martha Green	(949)322-8385
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	

Amazing, Incredible Experiences... that's Sons of Norway Membership!

Don't let anyone miss out on the incredible experiences that come with Sons of Norway membership. One new member described membership as an "... amazing way to connect to Nordic heritage, tradition, and community," and another said, "I have learned a few things from the genealogy hints and tips...I am looking forward to learning and reading more." Please invite new friends to share Norwegian culture and heritage in 2022—it's an amazing experience they'll love too.



Karsten Warholm, Norway's 400 Meter Hurdler, Named World Athlete of the Year



Norway's very own Karsten Warholm was recently named the World Athletics Male Athlete of the Year by the International Athletics Federation. Along with this title, he also became the first-ever Norwegian to receive the award. Warholm was incredibly successful this past season as is evident by his performance in the Tokyo Olympics. He took gold in the 400-meter hurdles with an incredible time of 45.94 seconds. This time set Warholm's second world record in a one-month span. Even more impressive, World Athletics described the 400-meter hurdles as the "discipline with the sharpest competition in athletics in the 2021 season." When asked by World Athletics if he could lower the record even more, Warholm responded, "We've pushed the limit very far, but I'm always up for a new challenge." He will certainly be an athlete to keep your eye on in the coming years.

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 3/12/22

Gathered before 12:00 / started the meeting @12:17 / called to order @ 12:57 / concluded approx. 2:20

- **Velkommen** – It’s awesome to see our friends, families, new visitors and members. Today’s decoration theme was in honor of St. Patty’s Day. **Erin Go Bragh!** Phebe read “**The Itsy Bitsy Leprechaun**” to start today’s meeting. **Woo hoo!**
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today’s lunch hosted by the lodge. Delicious Salmon Soup provided by the Wilcox’s, green and fruit salads, biscuits, egg soufflé, beets, cucumbers and desserts. **Wow!**
- Ginnie introduced our new member – **LYNN SORUM!! WELCOME LYNN ☺**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Birthdays for March – HAPPY BIRTHDAY to Sylvi Olsen, Andrea Marshall, Lyman Lokken, Victoria Gammer, Kirsten Loumeau & Jessica Ansoerge!!!**
- **Over the last several months**, our 50/50 winnings were shared with the Sons of Norway Foundation. This practice will cease in June. Troann motioned for the lodges’ share of 50/50 winnings to go to a local charity. For example: Lydia’s House, Long Beach Mission, St. Luke’s Homeless Shower program. We will rotate our donation monthly. Phil Knudsen 2nd the motion and all attendees were in favor.
- **Velkommen tickets** – Please take these tickets from the greeting table, put our meeting dates and hand out to friends or folks that have an interest in attending our lodge meetings.
- **Convention Delegates – Mesa Arizona June 2 – June 5 – “Celebrating Our Roots”**. The 3 delegates attending the convention are: Teresa Broadhead, Phebe Friconi and Teresa Lord. Martha Green will be our alternate. After discussing the costs with the lodge, Loyd Wilcox made a motion to contribute \$575 per person towards the costs. Barbara Shepard 2nd the motion and all attendees were in favor.
 - o **Cookies will be needed along with 5 donated items.** If you have Norwegian art, clothing, or household items you are interested in donating, we ask that you bring them to May’s meeting. Phebe will also bring containers for all you cookie maker / bakers to show off your skills. ☺
- **Pink Quartz from Grimstad by Loyd & Ginnie Wilcox – THANK YOU BOTH!**
 - o Pink Quartz is known for its’ emotional healing energy. Crystals have been used for healing, meditation, protection and creative inspiration. It promotes forgiveness and helps to restore trust and harmony in relationships. It expands hope and amplifies a sense of joy for life. (wow, I’m changing all my jewelry out...lol)
- **Language Lesson** – hosted by **John Olsen - THANK YOU JOHN**
 - o Today’s language lesson was focused on things you would see driving in Norway, like Veikryss (intersection). ☺
- **Today’s Program – Trains / Roads** – hosted by **Phil Knudsen & Phil Petersen - THANK YOU BOTH!**
 - o Norway has 1,100 tunnels used for roads and railways to simplify the travel between mountains, islands, valleys & fjords. For example - the Oslofjord Tunnel is a subsea road tunnel, 11,916 feet long, carrying 3 lanes of traffic at a depth of 134 meters (439.6 feet). The Laerdal tunnel is the world’s longest road tunnel at 15.23 miles.
 - o Norway has a National Transport Plan from 2018-2029 to invest in all modes of transportation ie Rail, Roads and Coastal. Its’ focus is on a Nor-way travel system that will increase mobility, decrease costs and reduce emissions.
 - o In case you are wondering, the Oslo to Bergen train ride is great journey often described as Europe’s most beautiful train ride. It runs through some of Scandinavian’s most beautiful landscapes.
 - o Floating underwater tunnels are also being proposed with a 2050 completion date. What a fascinating concept.
 - o John shared that Tromso built a tunnel 1½ miles long and was the world’s longest car wash (until it was closed in). ☺
- **Today’s announcements**
 - o **Today’s 50/50 pot** will be shared with **Steve O. Congratulations!**
 - o The **Viking Magazine Financials** are found on page 10 this month ie Spring Cleaning Your Finances. Good to know.
 - o **Our next meeting is April 9, 2022 @ 12:00 .** ☺ The program will be based **on Norwegian God & Goddesses** by Phebe & Steve.
 - o **Troann closed the meeting with “may peace and harmony prevail throughout the lodge”.**

A Bit of Humor:

One day the patrolman stopped Lena. "Lady," he said, "When you came around that corner, I said to myself, "fourty-five, at least". "Oh, no officer!" cried Lena. "It's da dress! It always makes me look years older!!"

After Lena has given birth to triplets, Ole asked his four year old son what he thought about the blessed event. "Vell Pa," said Little Ole, "yew better start finding places ferdem. Dey von't be as easy tew get rid f as dem Kittens vas!"

A tall young man entered the bus with a very long pole. After much maneuvering, he sat down next to a elderly man. "Are you a pole Vaulter?" asked the man. "Vell, no. I am not a Pole. I am a Norvegian But how did you know my name is Volter?"

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



APRIL

9 – Fridtjof Nansen Lodge Meeting

15 – Good Friday

15 - Passover



17 – Easter – God Paske!



This Month's Birthdays. . . Gratulerer Med Dagen



APRIL

11 – Astrid Virding

19 – Barbara Shepard

24 – Loyd Wilcox

30 – Cleone Hatwan

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.



Påskekrim and the Milk Carton Mysteries

It wouldn't be an Easter holiday in Norway without the tradition of reading gripping crime novels. This unusual combination dates back to 1923, when publisher Gyldendal pulled a media stunt to boost spring book sales. The ploy worked, and a national ritual was born.

Many Norwegians head to the *hytte* (cabin) over Easter break, and their laid-back vacation days pair well reading by the fire. Each spring, various publishers release special collections of novellas called Påskekrim along with many full-length novels. Other media channels have followed suit, producing crime radio plays, tv shows, films and podcasts.

Since 1997, TINE dairy cooperative has printed family-friendly whodunit comics on their milk cartons for Norwegians to solve over breakfast during Easter break. Private detective Ulf Ulvheim (*en ulv* – a wolf, naturally) has been a recurring character in the Easter-related detective strips. Famous crime writers such as Jo Nesbø, Anne Holt and Gunnar Staalesen and others have authored the storylines. As of 2021, the milk mysteries went digital, to the consternation of many citizens.

Whether you are visiting a *hytte*, reading mysteries, or enjoying milk, *God Påske!* Happy Easter!

Cookies, Cookies, Cookies

The Convention will be here before we know it. The Convention committee has asked us to make Norwegian Cookies. (MUST BE SCANDINAVIAN COOKIES per hotel request) Terry Lord is going to be our cookie lady; please let her know if you are sending cookies. She will be taking them to the convention



Surstek Av Lam – Norwegian Marinated Leg of Lamb

Popular dishes served in Norway to celebrate Easter include a main course of lamb. Here's a savory recipe from well-known Scandinavian cookbook author Beatrice Ojakangas.

Serves 10

Ingredients:

6 - 6 1/2 lbs. leg of lamb
2 quarts fat-free buttermilk
2 tsp. salt
2 Tbsp. flour
1 cup water
1/2 cup sour cream
salt and pepper

Directions:

Preheat oven to 325°F. Trim the leg of lamb. Place in a non-aluminum pan or in a large, heavy-duty plastic bag. Pour the buttermilk over the lamb and refrigerate for 3 to 4 days. Turn the lamb often if the milk does not cover it completely. Remove the lamb from the milk and discard the milk. Dry the meat and rub it with the salt. Place it on a rack in a roasting pan. Pour the water into the bottom of the pan. Insert a meat thermometer into the thickest part of the roast, being careful not to let the thermometer touch the bone. Roast for approximately 1 hour and 15 minutes, or until the meat reaches 160°F. Deglaze the roasting pan by adding a little water to it and stirring up the drippings from the bottom of the pan. Strain the drippings and blend in the flour. Cook, stirring, until the gravy is thickened. Add the sour cream, salt, and pepper. Slice the roast and serve with the gravy.

Recipe from Scandinavian Feasts by Beatrice Ojakangas.



Olaf Award

The District Six Board approved a new award, called the "Olaf," kind of like the "Oscar," to recognize members who have developed virtual cultural programs that have been utilized by a lodge either by Zoom or in a face-to-face meeting. This media could include PowerPoint, YouTube, film, etc.

Criteria

1. Creativity
2. Relevance to Norwegian and/or Scandinavian culture and heritage
3. Format and clarity
4. Quality

This award will be presented at the District Six Convention and Meeting in Mesa, AZ in June 2022.

Submissions must include:

- The program title and topic
- Lodge name
- Name(s) of person or persons who created the electronic program
- Length of program
- Date the program was presented to the lodge

Submission process:

- Submissions will be sent to the District Cultural Director, **Judy Purrington**.
- A committee of 3-5 members will review the submissions.
- The committee will be appointed by the District President.
- The submission will be presented at the District Convention.

All submissions must be submitted electronically by **May 1, 2022**.



ST. PATRICK DAY CELEBRATION!



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.

Fridtjof Nansen Lodge has a Face book page.

Yea! Check it out and enjoy. Here's the Facebook page:

<https://www.facebook.com/longbeachsofn>

Any suggestons let me know.



Spring Market at Christ Lutheran Church

On Saturday April 2 from 10:00 am to 2:00pm

We will have a booth prompting our Norwegian Heritage.

Let Phebe know if you can help by working our booth



MUNCH: Contemporary New Home for Modern Artist

Originally opened on what would have been Edvard Munch's 100th birthday in 1963, the Munch Museum, now simply styled as MUNCH ["moonk"], has moved from its original building near Oslo's Old Town to a spacious and spectacular home on the waterfront. Mirroring the contemporary style of its new neighbors, the National Opera House and the Deichman Bjørvika (National Library), the 13-story high MUNCH resembles a tall stack of papers playfully threatening to collapse. It was opened to an enthusiastic public by King Harald V on October 22, 2021.

Among its treasures, patrons can visit Edvard Munch's most famous composition Skrik, known in English as "The Scream," along with several other remarkable pieces, while discovering more about this enigmatic master and his passion for creating art. There is also a gallery devoted to other Nordic artists, musical and theatrical performances, and much more.

Learn more about everything going on at MUNCH at their website: <https://www.munchmuseet.no/en/>



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www.nansenlodgelongbeach.com

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