

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92, 3 Issue

March 2022

Ord Fra Presidenten...

It is an exciting time to be a member of the Sons of Norway. We are getting back together and enjoying meeting in person. We are enjoying learning more about our Norwegian heritage and culture. A special thank you to Martha Green for her program on Trolls at our February meeting.

We need one more delegate for the District Convention June 2-5, 2022. If you are interested or think you can go please contact me right away. We have not had a convention since 2018; so it will be great to have a convention this year. See you all at the March Lodge meeting.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on Saturday

March 12, 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!

This month's program will be about the Norwegian Railroad; Presented by Phil Knudsen and Phil Peterson

Lunch will be provided by your Board members.



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

Celebrate your heritage with this limited-edition Sons of Norway 17. Mai pin and ribbon!

Made in Norway by *Sylvsmidja* of Voss – superior craftsmanship since 1940.

Show your Sons of Norway pride- Wear the sterling silver (.925) pin and ribbon with your Syttende Mai finery or remove the ribbon and use year-round to accent your everyday clothing.

Sylvsmidja (“silversmith”) produces traditional *bunadsølv*, the authentic gold and silver brooches, cufflinks, clasps, knives and buttons that make Norway’s national costumes shine.

\$55 – Members receive a \$5 discount with current member number

To order, visit <http://sofn.com/SyttendeMaiPin>

Pins will ship in April.



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

Scholarship Opportunities for District Six Youth

District Six offers up to 4, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is **May 1, 2022**

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is **April 14, 2022**. Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com.

Please take advantage of this District Six Member opportunity.

Minutes from our February Lodge Meeting:

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 2/12/22

Gathered before 12:00 / started the meeting @12:40 / called to order @ 1:27 / concluded approx. 2:20

- Velkommen – It's awesome to see our friends, families, new visitors and members for the first time this year. **Woo hoo!**
- **Blessing & Lunch**
 - o After our Norwegian prayer, we lined up for today's lunch hosted by the lodge. Ham, scallop potatoes, mac & cheese, green and fruit salads, rolls, egg soufflé, beets, cucumbers and individually wrapped desserts. **Wow!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Birthdays for January & February – HAPPY BIRTHDAY to Erin Flair, Melissa Rentchler, Valerie Sparr, Paul Ordal, Teresa Broadhead, Kirk Howe, Phillip Knudsen, Jeanne Peterson, Al Dimas & Heidi Ansorge!!!**
- **Language Lesson** – hosted by John Olsen - **THANK YOU JOHN** o Today's language lesson was focused on Trolls, like farlig & skremmende. ☹

- **Today's Program – Trolls** – hosted by **Martha Greene – THANK YOU MARTHA** o Trolls originated in Norse mythology and folklore. They are a cornerstone of Nordic legends. From the first written records, the image of trolls was commonly that of a monstrous (and usually evil) "being" associated with magic. There are 2 types of trolls referred in the Nordic sagas – Trogre (evil trolls) and Troblins (small trolls). Some trolls dwell in isolated areas of rocks, mountains, forest or caves.
 - o Small trolls typically lived in caves. Some legends attest that trolls turn to stone when exposed to sunlight, and that this is the source of huge stony crags in places such as Trold-Tindterne (Troll Peaks) in Norway.
 - o In Norse folklore, the small trolls (troblins) are frequently shown causing problems on Christmas Eve. Stories have them breaking into empty human house and throwing parties (also destroying the home in the party process).
 - o Parents have also used trolls and troll stories to keep the children in order. 😊
 - o In 1964, troll dolls were created in Denmark by Thomas Dam and modeled them after troblins, which were made much sweeter than their predecessors; always smiling and with colorful hair.



- o Today, we enjoy trolls in such films as Frozen or the readings of J.R.R. Tolkien.
- **Today's announcements**
 - o **Officers** – the following officers will remain in their current positions for another year – Phebe, John, Troann & Terry. **YAYYYY!!** We continue to look for a **new Zone Director**. **Are you interested? Please contact Troann or Phebe.**
 - o **2022 District Six Convention in Mesa Arizona June 2 – June 5 – “Celebrating Our Roots”**. **Three delegates and 1 alternate** are needed for June's convention. So far, we have two delegates - Phebe & Teresa Broadhead with Martha Greene as an alternate. We need 1 more. 😊 There will be workshops, a raffle, folk art exhibitions and lots of fun. The festivities will be held at the Sheraton Mesa Hotel.
 - o **Penny Knudsen** – Penny J. Knudsen passed away Feb 4, 2022. She was 92 years old and served as the District Six President from 1984-1988. After her presidency, Penny went on to serve as International Director, International Secretary and was the first female President of the Sons of Norway. Penny's family is setting up a scholarship fund in her name for Rosemaling workshops at Camp Norge. Phebe motioned to donate \$100 to this scholarship fund. Troann 2nd and the motion was approved. The entire audience was in favor. Troann will send a check.
 - o **Today's 50/50 pot of \$45** will be shared with **Clara**. **Congratulations!**
 - o **Our next meeting is March 12, 2022 @ 12:00**. **WEAR GREEN** in light of St. Patty's Day. 🍀 ☹ The program will be based on Norwegian Railways.
 - o **Troann closed the meeting with “may peace and prosperity strive throughout the lodge”**.

A Bit of Humor:

I overheard Ole tell Lars one day. "Vell, Lars, I told my girl, Lena, da truth. I told her I was seeing a psychiatrist. And den she told me da truth. She's seeing a psychiatrist, two plumbers, and a bartender."

Lena bought a delicious looking apple pie at the bakery one day. "Should I cut it in six pieces or eight?" asked the saleswomen, Hilda. "Six," replied Lena. "Bot Ole and I are dieting!!!!!"

"Ya, son, I am a self made man." Boasted Ole. "Vell, dad, dat's vat I like about yew. Yew take da blame for everything!" replied young Ole.

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



MARCH

2 – Ash Wednesday

13 – Daylight Saving Time Begins



17 – St. Patrick's Day

20 – First Day of Spring

This Month's Birthdays. . . Gratulerer Med Dagen



MARCH

8 – Sylvi Olsen

9 – Andrea Marchall

10 – Lyman Lokken

11 – Victoria Gammer

15 – Kirsten Loumeau

22 – Jessica Ansorge

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.

Sons of Norway District 6 Convention

June 2-5, 2022

The Sheraton Mesa Hotel

Mesa, AZ



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 culture programs that have been utilized by a lodge either by ZOOM or in a face-to-face meeting. This media could include power point, You Tube, 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 2022.

Submissions will 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. • And the program must be submitted.
- Submission process:
 - All submissions will be submitted electronically by May 1, 2022.
 - Submissions will be sent to the District Culture Director.
 - 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 biennium Convention
 - The award will be presented at the District Six Convention in Mesa, AZ

Greetings to all associated with the District Six Language and Heritage Camps;

Managing the District Six Language and Heritage Camps, a.k.a. Camp Trollfjell and Trollfjell Folkehogskule has become more and more difficult each year. The greatest challenge is finding qualified staff. Other issues, such as new state laws requiring special training for camp counselors and teachers, managing COVID protocols, and the busy summer schedules of today's children and youth not allowing a two-week activity are also factors.

Over the past several years, I have several ideas about how we could re-imagine our summer program. Some of these suggestions include making it a Family Camp, reducing each session to a single week, and combining the two programs together so the total time is just two weeks, not four weeks. These, and other idea have both pros and cons.

To give us time to evaluate the plan the future of our Language and Heritage Camps, **we are going to suspend our program this summer.** Between now and the summer of 2023, we will seek input from members of District, current and post campers, counselors and staff. Any comments of ideas are welcome, please email me at vicepresident@sof6.org.

Regards,
Bruce Fihe
Vice President, District Six
Executive Director, Language and Heritage Camps

Hot Smoked Spiced Norwegian Salmon with Pasta Salad

As the New Year unfolds, and along with it healthy resolutions, this delicious recipe will quickly become a fresh, light favorite. As provided by:

<https://fromnorway.com/recipes/smoked-salmon/hot-smoked-spiced-norwegian-salmon-with-pasta-salad/>

4 Servings

Ingredients:

2/3 lbs. warm-smoked Norwegian salmon
5 oz. pasta
12 cherry tomatoes
1/2 red bell pepper
1/4 of a cucumber
1/2 head of lettuce

Sour Cream Dressing:

1/2 lemon
Salt and pepper
1 clove garlic
1/2 cup light sour cream
1/4 tsp. sugar
8 fresh basil leaves

Directions for Pasta Prep:

1. Cut the salmon into small pieces
2. Cook pasta as instructed on package
3. Cut the cherry tomatoes in half, and dice bell pepper and cucumber
4. Slice the lettuce
5. Combine the ingredients in a bowl and place the salmon on top

Salad Dressing Prep:

1. Juice lemon and finely chop garlic
2. Combine sour cream and lemon juice, and mix with garlic and sugar
3. Add pepper and salt to taste
4. Finely chop basil leaves and mix into the dressing
5. Fold the dressing into the salad and garnish with a couple basil leaves

Serve the salad with bread on the side.





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.



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www.nansenlodgelongbeach.com
www.sofn6.com
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