

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 92 , 5 Issue

May 2022

### *Ord Fra Presidenten...*

*Hello members and friends,*

*Here we are ready for Syttende Mai, Hip, Hip Hooray! You do not want miss our May meeting. Michael Olsen will be cooking us a Norwegian meal and then sharing the story of the food. Michael and his family lived in Norway and just returned a few months ago.*

*Terry Lord, Teresa Broadhead, Troann Loy and myself will be back from the Sons of Norway Convention with lots of great stories to share.*

*June 5<sup>th</sup> will be our 92<sup>nd</sup> Lodge Anniversary. Join us on June 11<sup>th</sup> to celebrate.*

*Med vennlig hilsen, Best Regards, Phebe*



## SONS OF NORWAY

Our next meeting is on

Saturday May 14, 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!*

***We will be celebrating May 17<sup>th</sup> Syttende Mai. Norwegian Constitution Day.***

***Michael Olsen (John and Sylvi's Grandson) will be making us a Norwegian Lunch.***

***We will celebrate Syttende Mai.***



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	



**Knut Brakstad – A Career of Service**

Knut Brakstad built a career in service to his country, eventually becoming the right hand of the king. Originally from Molde, he attended St. Olaf College in the U.S. The liberal arts curriculum allowed him to explore interests such as civic engagement, philosophy and theology. He studied in Germany and London; in Oslo he earned degrees in family therapy and theology.

Brakstad was a chaplain in the Royal Norwegian Navy, worked for the Ministry of Foreign Affairs and served as a Lutheran minister. He was a project manager on the 1994 Winter Olympics in Lillehammer and then shifted careers, moving to the royal palace to become the First Assistant Cabinet Secretary for King Harald V.

Eventually Brakstad became the king’s private secretary, responsible for maintaining King Harald’s correspondence, schedule and activities, flying with him all over Norway and the world.

For his service to his country, Brakstad was appointed a Knight of the Order of St. Olav in 2005, and was awarded an honorary doctorate by his alma mater, St. Olaf College. He retired in December 2021, after 28 years of representing the royal family.

**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 4/9/22

Gathered before 12:00 / started the meeting @11:58 / called to order @ 12:47 / concluded approx. 1:55

- **Velkommen to today's meeting** – Ms Phebe did it again. Bright & cheery Easter decorations all around with dancing bunny centerpieces.  **VERY CUTE!**
- **Blessing & Lunch**
  - o After our Norwegian prayer, we lined up for today's lunch hosted by the lodge. Swedish meatballs, potatoes, vegetable soufflé, green & pistachio fluff salads. For dessert, Teresa Broadhead brought **BLOTKAKE** (cream cake) with berries. Phebe & Troann brought **Krumkake**. Both were covered or filled with whip cream. **DELICIOUS!!!**
- We sang the Norwegian National Anthem; Star Spangled Banner; and made our Pledge of Allegiance.
- **Birthdays for April** – **HAPPY BIRTHDAY to Cleone Hatwan, Astrid Virdling, Barbara Shepard, and Loyd Wilcox!!! Party like rock stars!**
- **Language Lesson** – hosted by **John Olsen - THANK YOU JOHN ☺**
  - o Today's language lesson was focused on Viking words ie harvest, justice, war, message, marriage, wise, fun, peace, sea, wind & death. ☺
- **Today's Program – Gods and Goddess of Norway** – hosted by **Phebe Frizioni & Steve Onorato - THANK YOU BOTH!**
  - o Although many clips can be found on YOUTUBE regarding the Norse Mythology, today's journey started with **Norse Mythology explained in 15 minutes**. Some of the main gods are.....
  - o **Odin** – The supreme god. He has just one eye as he gave the other to Mimir's well in order to be allowed to drink from the source of wisdom. Odin is the god of war and of the dead. He rules over Valhalla – “the hall of the slain”. All Vikings who died in battle belonged to him. They were collected by his female handmaidens, the Valkyries. Odin was first and foremost worshipped by kings, warrior chieftains and their men.
  - o **Thor** – was the most popular of all the gods. He was a god of war and fertility. He created thunder and lightning as he rode over the clouds in a chariot drawn by goats, swinging his hammer Mjollnir. Thor was physically strong and with his weapon Mjollnir could do battle with the evil giants who lived in Jotunheimar. Thor was worshipped by most Vikings – he was the god of the people. He was comprehensible and could not be trusted, in contrast to his father Odin, who could be completely unpredictable. Therefore Thor's role was also to uphold law and order.
  - o **Frey & Freya** – Frey is connected with fertility and a good harvest. He makes the crops in the fields grow. His twin sister Freyja is the most beautiful of the female gods and rules from her abode of Folkvang in Asgard. She is the goddess of love, fertility and the practice of seid (a technique which enables the soul to travel to other worlds to seek information).
  - o **Loki** – originally of giant stock, he is crafty and not to be trusted. On many occasions he cheats both the giants and the gods, playing them against each other. Even though Loki is often up to no good, the gods still tolerate his presence. He is sly and lies – abilities the gods can use to their advantage.
  - o Also **National Geographics' – Everything Viking** has some fun information, facts and games.
- **Today's announcements**
  - o The booth set up at the church fair **made \$44** selling Krumkake. **Way to go!!**
  - o **Convention – Do you feel like making cookies for the convention? If Yes, please notify Teresa Lord for pick up on 5/31/22 @ 714-830-8647. If you are feeling artsy, and would like to display your item at the convention, please fill out the form and bring it to Teresa Broadhead at the May's meeting.**
  - o **Today's 50/50 pot of \$34** will be shared with **Clare Chase**. She will be taking home **\$17** today. **Congratulations!**
  - o **Our next meeting is May 14, 2022 @ 12:00 . We will celebrate Syttende Mai (Norway's constitution day). Michael Olsen** will be making the lodge a Norwegian Viking meal. **You do not want to miss this meeting. YUMMY!**
  - o **Troann** closed the meeting with **“may peace and prosperity reign throughout the lodge”**.

Respectfully submitted: Terry Lord – Secretary

## ***A Bit of Humor:***

*Just last week I overheard Lars tell Sven, "in our marriage ve made an agreement never to go to bed mad. Ve haven't had any sleep for tree weeks!"*

*Did you hear about the lazy Norwegian?" Vhy he's so lazy he sticks his nose out the window so dat da vind can blow it!"*

*In 1957, When Ole was an airline pilot, he turned on the intercom one day and told the passengers: "Vell, folks, I have some good news and some bad news. Da bad news first. . .ve have a hiyakker aboard da plane. Da good news is dat he vants tew go tew da French Riviera!"*

### **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***



**MAY**

**8 – Mother's Day**

**17 – Syttende Mai**



**21 – Armed Forces Day**



**30 – Memorial Day**



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



**MAY**

9 - Phebe Fricioni

16 – Judy Ordal

## 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.**

## An Aquarium Experience Beyond the Arctic Circle

In the northernmost part of Norway tucked near the water's edge in Tromsø you will find an attraction called "Polaria." Upon first glimpse you might think this building has toppled over, but don't be fooled. Inside you will find exhibits unique to the Svalbard region including a simulated permafrost. The aquarium features rare cold-water fish, fascinating marine life and a large pool housing bearded seals. Visitors are invited to an intimate look at these creatures thanks to a viewing bubble inside the tank wall. If you go, don't forget to reserve time to experience the "Arctic Walkway," a panoramic cinema including displays of polar exploration gear.

While the sea life at Polaria is captivating, the building itself has an interesting design that evokes a massive ice floe; the architecture resembles a toppled cascade of blocks of ice. This attraction opened in 1998 and continues to draw visitors every year.

Be sure and save time to visit this wonder while touring Northern Norway.



**Lingonberry Cake**

This festive cake will put some zip in your Syttende Mai celebration. Tangy-sweet lingonberry jam brings together fluffy cake and crunchy streusel, pairing well with coffee, tea or brunch.

### A. INGREDIENTS:

#### a) For the Cake

Scant 2 cups flour  
2/3 cup sugar  
1 Tbsp. baking powder  
Scant 2/3 cup unsalted butter  
1 egg  
3/4 cup lingonberry preserves

#### b) For the Streusel Topping

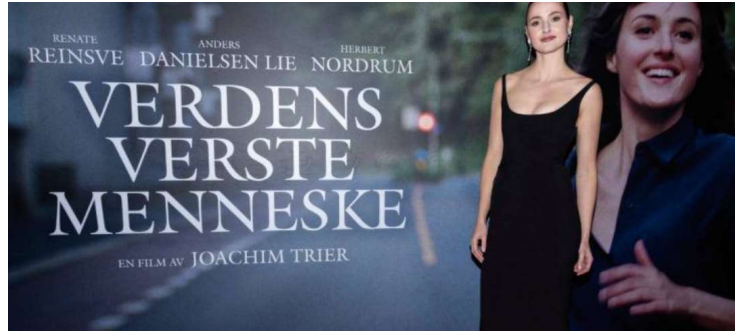
2/3 cup oatmeal  
3 Tbsp. butter  
1/2 cup sugar  
1 tsp. vanilla sugar (or 1/2 tsp. vanilla extract)

### B. INSTRUCTIONS:

Preheat the oven to 400°F.  
Combine flour, sugar, and baking powder then cut in the butter with pastry blender.  
Add the egg and mix well.  
Spread into a greased 8" x 12" pan.  
Spread the preserves over the batter.  
Mix streusel topping together using a pastry cutter or two knives and sprinkle over lingonberry preserves.

Bake 25-30 minutes, until golden. Cool in the pan.

# Norwegian Film Nominated for Oscar: “Verdens Verste Menneske”



In October 2021, the Norwegian film “Verdens Verste Menneske” was released in France and Norway. The film, which translates to “The Worst Person in the World,” has been a hit and has since been released in the USA in early February 2022. In fact, the film has been nominated for an Oscar in the “Best Foreign Language Film” category by The Academy of Motion Pictures and Sciences in Hollywood.

This is not the film’s first praise, however. The film has already won “Best Foreign Film” at the New York Film Critics Circle in December, making it the first-ever Norwegian film to win. In the lead role, Renate Reinsve has also been in the spotlight since the film’s premiere as she won “Best Actress” at the Cannes Film Festival. The film depicts her character finding her way through life and love.

This is the sixth time Norway has been nominated for an Oscar in that category, however all previous nominations have not been the winners. Sadly, it was not in the cards for “Verdens Verste Menneske” this year. The award went to the film “Drive My Car” from Japan.

**Hipp, Hipp, Hurra for Syttende Mai! Show your Norwegian pride. Consider inviting a friend or family member to join the fun of Norwegian National Constitution Day and our lodge this month.**

## What is the Sons of Norway Foundation and what does it do?

The Sons of Norway Foundation is a 501(c)(3) charitable organization that was established in 1966 to help provide assistance to Sons of Norway Members, Lodges, and their greater communities. The Foundation is tax-exempt from federal and state income tax which means that donations to the Sons of Norway Foundation from individuals and companies are tax-deductible.

The Sons of Norway Foundation currently offers 16 different scholarships and six grants that support our mission to positively affect the lives of our members.

In 2021, the Foundation awarded \$111,000 in scholarships to 25 students to study in the United States, Canada, and Norway. Scholarships are available for vocational school, students without parents, adults, females studying chemistry, physics, or engineering, Oslo Summer School - just to mention a few. Applications are open annually on our website from October 1- March 1.

The Foundation currently has six grant programs ranging from community partnerships, preserving culture, lodge and children's programs. There are also grants for members who have experienced a natural disaster or medical emergency. In 2022, the Foundation will award 42 grants for a total of \$56,429 in grants. Grant applications are also open annually on our website from October 1-January 1.

The overwhelming majority of the \$11.8 million dollars in foundation assets are held in endowed funds, meaning the initial gift amount is invested and interest income from the scholarship fund can be used for scholarships in perpetuity. Support from lodges and individuals is critical for the Foundation to continue our work in the Sons of Norway community and beyond.

You can find more information about scholarships and grants on the Sons of Norway Foundation website, <https://www.sofn.com/foundation/>.



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](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.

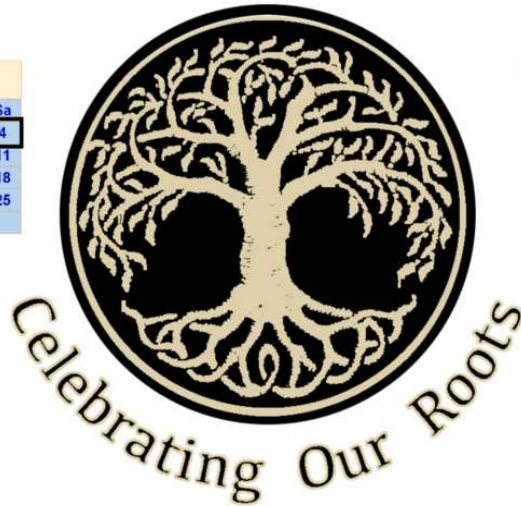


SAVE THE DATE

# 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/longbeacchsofn](https://www.facebook.com/longbeacchsofn)

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