

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92 , 6 Issue

June 2022

Ord Fra Presidenten...

What a great lunch Michael and Eric Olsen made for us, at our May meeting; thank you both.

Terry Lord, Teresa Broadhead, Troann Loy and myself will be heading to the SofN Convention in Mesa, AZ on June 1st. I am sure we will come back with all kinds of great stories.

Now our June 11th meeting we will be celebrating the Lodges 92nd Anniversary and Norwegian's Midsummer.

NOW remember we will not be meeting in the months of July and August. Our next meeting will be Saturday September 10, 2022.

Med vennlig hilsen, Best Regards, Phebe



SONS OF NORWAY

Our next meeting is on
Saturday June 11, 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!

*Come celebrate Midsummer
On June 11, 2022!*



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



June Membership Blurb

Our 2022 Recruitment Campaign is well underway. Share Nordic heritage and culture when you invite new friends to join the Sons of Norway family this year. And, remember to give prospective members your member number so you can earn a limited-edition 2022 Recruiter Pin while available!

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

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.

Minutes from our Lodge Meeting:

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 5/14/22

Gathered before 12:00 / started the meeting @12:18 / called to order @ 1:00 / concluded approx. 1:55

Velkommen to today's meeting – Our special guests are **Susan Segelhorst & Sharon Young**. **WELCOME LADIES!!!**

- o **Woo hoo...**Today's attendance is our **best this year - 26 strong!**

Blessing & Lunch

- o After our Norwegian prayer, **Michael Olsen** presented a Viking meal of **LAMB** with apples, mushrooms & garlic accompanied with a potage of barley, parsnips, and carrots topped with Au jus. **DELICIOUS times 10!!!! THANK YOU MICHAEL & ERIK Olsen for a marvelous meal!!!**
- o **Michael Olsen attended Le Cordon Bleu College of Culinary Arts in Los Angeles** and cooked with many master chefs including Gordon Ramsay. So you can only imagine how delicious our lunch was. ☺

Afterwards, the meeting was opened with the Norwegian National Anthem; Star Spangled Banner; and our Pledge of Allegiance.

Birthdays for May – HAPPY BIRTHDAY to Phebe Fricioni and Judy Ordal!!! Party like rock stars!

Language Lesson – hosted by **John Olsen - THANK YOU JOHN ☺**

- o Today's language lesson was focused on food, breakfast, dinner, soup, meat, sweets, drink and beer – [Ø](#).

Syttende Mai – May 17th is **Norway's Constitution Day**.

- o **Troann** shared the history of Syttende Mai – stating that before January 1814, and for more than 400 years, Norway was part of Denmark. The Treaty of Kiel decreed that Norway be ceded to Sweden. This union with Sweden was dissolved October 1905 when the Swedish parliament recognized Norway as a separate state.
- o In Norway, every city and town celebrates Syttende Mai. Children & adults march down the streets in bunads or their best formal clothing, waving flags or playing instruments.
- o **NOTE - The Norwegian Seamen's Church, 1035 S. Beacon St, San Pedro** will be celebrating Syttende Mai. **The doors open at 5:00 pm, and the program starts outside @ 5:30 p.m.** Admission is \$15 per person and \$30 per family. Food service is included with the entrance ticket. **This will be a fun experience if you have not attended before.** And **BRING YOUR NORWEGIAN FLAG.** ☺

Today's announcements

- **Convention – Do you feel like making cookies for the convention? If Yes, please call Teresa Lord for pick up on 5/30/22 or 5/31/22 @ 714-830-8647.** And a super big **THANK YOU** for showing Fridtjof Nansen pride at the convention. Miss Phebe brought in plastic containers for those participating.
 - o Behind the scenes - Troann, Phebe, Barbara, Al and Terry have been working on gift bags and driftwood center pieces for the convention.
 - o **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.**
 - o Phebe brought in Bunads for the delegates to wear at the convention. Now I'm official. LOL....
- **Today's 50/50 pot of \$41** will be shared with **Sue Segelhorst. Congratulations Sue!**
- **Our next meeting is June 11, 2022 @ 12:00. We will have a Midsummer Celebration along with our 92nd Anniversary.**
 - o The Midsummer Celebrations (also honoring the birth of John the Baptist) starts this year Friday June 24th. The evening is celebrated with partying, good food, music, dancing, and enjoying the outdoors. Huge bonfires are most common in the celebration and may stem from a pagan ritual to ward off evil spirits.
- **Troann** closes the meeting with the following message - **"may there be peace and harmony throughout the lodge".**

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Ole came home from the office one day and said to Lena, "My boss has been sick for two weeks and he has lost a lot of weight." "Oh, my" said Lena. "Is hereally tin?" "vell," replied Ole, "I wouldn't say he's he's too tin, but ven he vears a red tie, he looks like a thermometer .

"I scratched da fender yust a little bit dear." Lena told Ole. "If yew vant to look at it, it's in da trunk."



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



JUNE

11 – Lodge meeting

14 – Flag Day

19 – Father's Day

21 – Summer Begins

JULY

NO MEETING

AUGUST

NO MEETING

NEXT MEETING

SEPTEMBER 10, 2022

This Month's Birthdays. . . Gratulerer Med Dagen



JUNE

15 - Patricia Lampe

23 – Susan Ansoerge

30 – Laura Innes

July

11 – Eleonora Nyren

13 - Steve Onorato

18 – Roni Lion

31 – Clyde Alt



How to Name Your Dragon

With all the dragon heads appearing in Norwegian architecture, it is surprising that there are only three named dragons found in Norwegian myths and legends.

Fafnir – Fafnir was a dwarf. He had a cursed magical ring which produced oodles of treasures. To guard his ever-increasing hoard, Fafnir shape-shifted into a poison-spewing dragon. Unfortunately for him, his nephew was the legendary human hero Sigurd, who made short work of his slithery uncle and saved the day!

Jörmungandr – The son of Loki and the giantess Angrboða, Jörmungandr, also known as Midgardsormen is a gigantic sea serpent. He floats coiled around the edges of the earthly realm Midgard, his tail clenched firmly in his teeth. His peaceful life at sea is occasionally interrupted by his archnemesis Thor, who is always scrapping for a fight.

Nidhogg – The “Curse Striker” dwells at the base of the tree of life, Yggdrasil, which holds up the nine realms. Along with his smaller, unnamed serpent friends, Nidhogg constantly gnaws on the roots of Yggdrasil with a view to someday bring it crashing down, plunging all creation into chaos.

Find Out Your Dragon Name

Though there are only three known Norwegian dragons, there might be more out there waiting to be discovered. What would your name be if you were a slithery, fire breathing serpent slumbering under a mountain?

What is the first letter of your first name?

A = Arvid / Agnetha the Alarming
 B = Bjarne / Borghild the Blue
 C = Cnut / Christina the Creeping
 D = Dag / Dagmar the Dreadful
 E = Egil / Eydis the Earth Shattering
 F = Fridtjof / Frida the Flying
 G = Geir / Gudrun the Growling
 H = Haakon / Hjordis the Horned
 I = Iggy / Ingrid the Inky-Eyed
 J = Jostein / Jorunn the Jagged
 K = Kjell / Kjerstin the Kind of Scary
 L = Lars / Lena the Lutfisk-Scented
 M = Magnus / Magda the Mighty
 N = Nels / Norunn the Noisy
 O = Olaf / Olaug the Opal-Scaled

P = Per / Pernille the Purple
 Q = Quase (Kvase) / Quinand (Kvinand) the Very Quiet
 R = Ragnar / Ragnhild the Ravenous
 S = Sven / Sigrid the Slithering
 T = Trygve / Thordis the Terrifying
 U = Ulf / Unni the Unexpected
 V = Vidar / Vilde the Very Vicious
 W = Waldemar / Wenche the Water Dwelling
 X = Mr. X / Ms. X the Inexplicable
 Y = Yngvar / Yngvildr the Yellow
 Z = Zoomer / Zoë the Zooming
 Ø = Ørnulf / Øivor the Oily-Skinned
 Å = Åsbjørn / Ågoth the Oat-Snarfing

Here is the next step. What letter does your last name start with?

A = Abomination
 B = Big Ball of Fluff
 C = Carnivorous Worm
 D = Dancing Dragon
 E = Egg-Eating Snake
 F = Fjord Boiler
 G = Mountain Gnawer
 H = Hairy Hellbender
 I = Iceberg Squatter
 J = Ski Jump Eater
 K = Kraken Cracker
 L = Lefse Lizard
 M = Mitten Knitter
 N = Norwegian Needle Nose
 O = Omelet Om-Nommer
 P = Precipice Percher
 Q = Quiet Charmer
 R = Revolting Reptile
 S = Ship Sinker
 T = Troll Taster
 U = Unicorn Hugger
 V = Violent Velociraptor
 W = Waffle Scorcher
 X = Honorary Swede
 Y = Young Thunder Clap
 Z = Zooming Zoomer
 Ø = Earth Shaker
 Å = Åsgard Defender

Then, add ‘of’ your hometown at the end, or your favorite place in Norway.

For example, John Knutsen would be: Jostein the Jagged Kraken Cracker of Finnmark.

What is your dragon name?



Growing the Foundation

To grow the Sons of Norway Foundation, we need the support of our lodges and members, but we also need the support of our staff and volunteers.

Staff at Sons of Norway Headquarters

The Foundation has one full-time staff member at Sons of Norway Headquarters: Emily Stark, Foundation Development Director. Emily wears multiple hats and is responsible for ensuring Foundation operations are running smoothly: setting annual goals, working with the Board of Governors and Sons of Norway staff, and communicating with our members and donors. She does a little bit of everything with the help of the fraternal team and dedicated Sons of Norway members like Lodge and District Foundation Directors.

Lodge Foundation Directors

We encourage every lodge in our six districts to have a Foundation Director, either elected or appointed. The role of the Local Lodge Foundation Director is that of communicating to the lodge by:

- Promoting Foundation benefits to members: scholarships and grants
- Helping the Foundation grow financially

Lodge Foundation Directors are not asked to be a fundraiser, although some do plan fundraising events for their lodges.

District Foundation Directors

The Sons of Norway Foundation encompasses the six districts with lodges in the United States. Our Canadian districts have the Sons of Norway Foundation in Canada; Norway does not have a foundation.

In each of the six US districts with lodges in the US, there is a District Foundation Director, who is appointed by the District President. The role of the District Foundation Director is that of communication to the district leadership and Lodge Foundation Directors by:

- Promoting the mission and goals of the Foundation
- Meeting with their District Board of Directors to report about the Foundation
- Having teleconference/Zoom meetings about the Foundation with the Lodge Foundation Directors and lodge leadership
- Forwarding Foundation news releases to the Lodge Foundation Director



“Den største forbrytelsen” (“Betrayed”) receives top rating

A Norwegian historical drama is receiving praise on film review website Rotten Tomatoes, garnering a rare 100% rating. Based on real events and Marte Michelet’s award-winning book with the same title, WW II drama “Den største forbrytelsen” ([The Greatest Crime], distributed in English as “Betrayed”) recounts the fate of the Braude family, working-class Norwegian Jews from Oslo.

Jakob Oftebro stars as boxer Charles Braude, whose tight-knit family is upended by the Nazi takeover, with the men first being imprisoned in Berg concentration camp near Tønsberg, Norway, and then forcibly deported to Auschwitz.

In director Eirik Svensson’s latest vehicle, we see that the “greatest crime”—a painful part of Norwegian history—is carried out not only through the actions of traitorous Norwegians who were part of the fascist puppet regime, but also by ordinary citizens who witness the anguish of their neighbors and do nothing.

The film is available for streaming on Amazon, iTunes, Google Play, and Vudu.

**MARK YOUR CALENDARS ON OCTOBER 8, 2022.
WE ARE HAVING OUR TEA AND BUNAD FASHION SHOW WITH THE SCANDIA DANCER. THIS WILL BE A GREAT FUND RAISER.**





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.

Preserving the Sámi Language

February 6 marks the celebration of Sámi National Day. This is the date when the first Sámi congress was held in 1917 in Trondheim, Norway. As part of the celebration for this special day, Gunnar Wilhelmsen, the Mayor of Tromsø, made a call to Norway's larger cities. He challenged them to "increase their use of the Sámi language on signs for public buildings." Wilhelmsen specifically called out Oslo's mayor, due to the fact that "Oslo is the only city in Norway with more Sámi than Tromsø, so the challenge goes first to Raymond Johansen."

The Sámi are an important part of Norwegian culture. Wilhelmsen wants to ensure that accommodations are being made to encourage and respect Sámi speakers in the public sector. Fortunately, there has been a spread of Sámi language nationwide. In many parts of Northern Norway, road signs have been updated to include Sámi. It is important that these efforts to preserve and protect Sámi culture and language continue.



Fridtjof Nansen #6-009 Long Beach, CA

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