

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 92 , 7 Issue

September 2022

**"2021 Sixth District Small Lodge of the Year"**

### *Ord Fra Presidenten...*

*Summer is on the way out and here comes fall. September meeting is going to be one week early on 9/3/2022. In October we will go back to meeting on the second Saturday 10/8/2022. The October meeting will be our Bunad Fashion Show and Tea. The Scandia Dancers will provide the fashion show. Tickets will be \$15.00 in advance after 10/1/2022 they will cost \$20.00. We need you to all to volunteer to help us set up. Please sign up!*

*The Board members will meet after 9-3-2022 meeting to discuss October Meeting.*



*Med vennlig hilsen, Best Regards,  
Phebe*



## SONS OF NORWAY

Our next meeting is on Saturday

**September 3<sup>rd</sup> 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!*

***Notice we are meeting on September 3<sup>rd</sup>.***

***(The first Saturday in September)***

***SEPTEMBER IS A POTLUCK!***

***Phebe will bring Ham and Scallop potatoes***

***Can you bring-Last name: A-M Salads N -Z.***

***The program will be a presentation on the Norwegian immigrants coming to America.***



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

**Velkommen, Baby Boom!**

A pandemic-related baby boom has sent Norwegian families scrambling to find perfect names for their new additions. 2021 saw over 3,000 more births in Norway than in 2020. Thankfully, help has come from an entity with a long history flaunting imaginative naming skills: IKEA.

Employees at the Norwegian branch of the Swedish retail giant combed through its catalogs, curating a “name bank” overflowing with over 800 monikers inspired by over 70 years of flat-pack tables, chairs, chandeliers, desks, and a mish-mash of other household staples.

While many IKEA product labels are inspired by Swedish place names, several others have appellations associated with humans. They range from the more typical, such as Billy, a strikingly modern black and white chair from 1970, to the more exotic such as Ulrika, a dainty side table available in 1958. The names are accompanied on the website by a picture of the item, the year it was introduced, and a description in Norwegian. The descriptions can apply to both the furniture item and to your newest family member.



**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



**A Friendly Reminder!**

**Bring items for Long Beach Mission by 12-10-2022.**

**Needed: Travel size soap, shampoo, shavers hand cream, tissue or soaks.**

# Minutes from our Lodge Meeting:

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 6/11/22

Gathered before 12:00 / started the meeting @12:05 / called to order @ 1:03 / concluded approx. 2:20

**VELKOMMEN to today's meeting to Celebrate our 92 ANNIVERSARY** along with the **MIDSUMMER CELEBRATION.**

- **We have 2 special guests** that came all the way from the **Norseman Lodge in Thousand Oaks** to celebrate our **92<sup>nd</sup> anniversary** with us. **THANK YOU Eloda & Anna** for coming to our lodge today!
- Miss Phebe & Troann provided beautiful decorations that filled the room with battery operated flashing candles; centerpieces, balloons and gift bags. Phebe also handed out Godiva domes full of chocolate to each of the board members along with lodge members that do a **SUPER job** in helping to make this lodge a success! **THANK YOU ALL!**

## Blessing & Lunch

- After our Norwegian prayer, we lined up for Hot dogs, Lompe, fruit salad, green salads, beets, chips, crackers, cheese and an array of cookies. **Miss Sylvi** handmade our Lompe today. Lompe is a soft potato flatbread used to roll up sausages or hot dogs and is a tradition in Norway for the Midsummer celebration. **Yummy!!! THANK YOU Miss Sylvi for organizing lunch, giving us the Midsummer Celebration history and dancing around the Bonfire!!! Our hay is in the barn. 😊😊😊**
- The meeting was opened with the Norwegian National Anthem, Star Spangled Banner and our Pledge of Allegiance.

**Birthdays for June – HAPPY BIRTHDAY to Patricia Lampe, Susan Ansonge and Laura Innes!**

**Birthdays for July – HAPPY BIRTHDAY to Eleonora Nyren, Steve Onorato, Roni Lyon and Clyde Alt. [Party like the stars you are!](#)**

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

- Today's language lesson was focused on Midsummer Celebration – Midsommer feiring (Sankthans). We learned words for Fjaera (beach), Bal (bonfire), Polse (sausage/hot dog) to name a few.

**Awards by Ginnie Wilcox - THANK YOU Ginnie**

- **Perfect attendance Awards – Teresa Broadhead, Philip Knudsen, John Olsen, Phil Peterson, Valerie Sparr, Doreen Wendell and Phebe Fricioni.**
- **Membership awards - 5 Year Service – Flora Morgan; 10 Year Service – Jessica Ansonge; 15 Year Service – Troann Loy and Barbara Shepard; 50 Year Service – Erin Flair & Lyman Lokken; 55 Year Service – Gunvor Anderson **WOW!!!****

**Convention – THANK YOU Lodge Members** for supporting us at the Mesa Arizona Convention.

- Teresa talked about our Genealogy and Leadership workshops. A head count was taken for lodge member interests to dive into this category further.
- Terry talked about the cookies and decorations. There must have been 75 different types of cookies. So I had to try them all, along with coffee of course. Delicious! The decorations were gorgeous, having made 40 centerpieces for 2 different events, and balloons that filled the room(s). Terry also won a T-shirt in the Duck Pluck. 😊
- Phebe covered the Awards our lodge won – Silver Merit Award for 2018; Bronze Merit Award for 2019; Silver Merit Award for 2020; and a **Golden Merit Award for 2021** Small Lodge of the Year. **Woo hoo!**
- Troann won **\$250** in the Duck Pluck. What a fun fund raiser. Troann also mentioned that Randy Sundeen is our new Zone Director. He is from Lodge #50 – Norrona Lodge and we will probably be meeting him in the coming months. 😊

## Today's announcements

- **Camp Norge** is back open and ready for you to come. Call for reservations – (530) 389-2508 or visit [www.campnorge.org](http://www.campnorge.org).
- **Today's 50/50 pot** of \$54 will be shared with **Eloda Linehan**. **Congratulations Eloda!**
- **Our next meeting is September 10, 2022 @ 12:00** and will be a **potluck lunch**. **HAVE A GREAT SUMMER!**
- **Troann** closes the meeting with the following message **“may peace and harmony prevail throughout the lodge”.**

Respectfully submitted: Terry Lord – Secretary

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

Two Norwegian ladies in a nursing home decided to go “streaking” in order to relieve the daily monotony. As they paraded down the hallway in their altogether, two old codgers looked up from their wheelchairs. “What was that?” queried one of the old men. “Dunno... just a couple of women.” “What were they wearing?” asked the first. “Dunno,” replied the second, “but whatever it was...it sure needed ironing.”

Knute and Ole met on the street one day.”My goodness, Knute, “ said Ole. “I haven’t seen you in thirty years, since we left Norway! How have you been?”  
“Just fine, Ole” said Knute.  
“Are you Married?” asked Ole.  
“oh, Ya,” replied Knute. “My wife is an angel!” “Vell yer lucky,” replied ole. “Mine’s still alive.”

### **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***



### SEPTEMBER

3 – Lodge Meeting

5 – Labor Day

11 – Patriot Day

11 – Grandparents Day

### OCTOBER

8 – BUNAD FASHION SHOW AND TEA

LODGE MEETING

ALL IS WELCOME

\*\*\*\*

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



### AUGUST

19 – Teresa Lord

24 – Lynn Sorum

29 – Doreen Wendell

### September

6 – Clara Case

15 – Vaiotana Alvale

21 - Ada Soberg

28 – Troann Loy

29 – Alda Feder

## **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.**

## **Norwegians Cancel Trips Due to Hot Weather**

An insurance company says that Norwegians are considering canceling their vacation trips. Many people are afraid that it will be too hot where they are planning to travel.

Spain is a country Norwegians love to travel to. This summer it has been extra hot. On Sunday it was close to 43 degrees [Celsius - 109° F].

This makes people consider canceling their vacations. This is according to insurance company IF. They have already been asked if it is possible to receive refunds through insurance.

IF says that heat is not covered by insurance.

“If you are worried about the heat, then there is no reason to cancel. But if you go on the trip and something happens, you will get all the help we can offer,” Bjarne Aani Rysstad told tv and radio channel NRK. He works in insurance for Gjensidige.

Andreas Handeland says the same thing. He works for IF. He also says that a statement from a doctor is required to receive the insurance coverage.

## **BOOK CLUB. . .**

If you are interested in being part of a Solskinn Lodge’s Book Club.

Join them on zoom on Thursday, September 22 at 4:00PM  
They will be discussing “The Mercies” by Kiran Millwood Hargrave  
After a storm has killed off all the island’s men, two women in a 1600s Norwegian costal village struggle to survive against both natural forces and the men who have been sent to rid the community of alleged witchcraft.  
Finmark, Norway, 1617. Twenty-year-old Maren Bergensdatter stands on the craggy coast, watching the sea break into a sudden and reckless storm. Forty fishermen, including her brother and father, are drowned and left broken on the rocks below. With the menfolk wiped out, the women of the tiny Northern town of Vardo must fend for themselves.



## How to Behave in Norway: Five Tips. . .

As when traveling anywhere in the world, you may find some of the social norms in Norway are different than what you are used to. Here are some tips that will help you make the most of your trip to Norway:

1. Don't get too close! Norwegians really value their personal space. Even when you're standing in line, try to stay at least an arm's length away from others.
2. Avoid too much eye contact. Otherwise, you will make your newfound Norwegian friends uncomfortable. A good rule of thumb is to use the same amount of eye contact as the person who you are speaking to does.
3. Be punctual. If you are a few minutes late, it's forgivable, especially if you call ahead to let the host/hostess know. To arrive any later than that is considered extremely rude.
4. Never compare Norway unfavorably to Sweden—especially when it comes to winter sports! Norway was the country with the most medals in the last Winter Olympics, after all.
5. Notice your surroundings. Norwegians are understandably proud of their stunning landscape, and appreciate it when visitors admire it, too.

## Norwegian Cinnamon Thumbs

These delicious shortbread cookies rolled in cinnamon sugar are a perfect little treat with a cup of coffee!

### Cookie Ingredients:

5 Tbsp. sugar  
1 cup butter  
2 cups flour  
1 tsp. vanilla

### Ingredients for rolling:

1 tsp. cinnamon  
¼ cup sugar

### Directions:

Preheat the oven to 350°F.

To make the cookies, beat the sugar and butter together until fluffy. Add the flour and vanilla, and beat until the dough comes together.

Take a small amount of dough (about the size of a tennis ball), and roll it gently into a long, skinny rope 1/2" in diameter (about the width of your pinky). Using a sharp knife, cut the dough into 2" pieces, making sure to cut on the diagonal instead of straight across.

Place cookies a few inches apart on a lined baking sheet, and bake 8-10 minutes, until just beginning to turn golden on the bottom edges. Remove cookies from oven and allow to cool slightly.

While cookies are cooling, combine the cinnamon and sugar for rolling in a small bowl. When cookies are cool enough to handle, roll each one gently in the cinnamon sugar, and place on a cooling rack to finish cooling.



## Happy Grandparents Day

Grandparents are a delightful blend of laughter, caring deeds, wonderful stories, and love.





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.



Bunad Fashion Show and Tea Luncheon  
Saturday October 8, 2022 at 12:00pm to 3:00 pm  
Christ Lutheran Church – 6500 E. Sterns – Long Beach, CA  
RSVP Contact: Troann Loy (714) 928-5975  
Donation of \$15.00 After 10-1-2022 \$20.00



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)

Troann Mortensen Loy  
9062 Kahului Dr.  
Huntington Beach, CA 92646  
[tm4rb5@gmail.com](mailto:tm4rb5@gmail.com)  
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