

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 92 ,10 Issue

November 2022

"2020 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

We had a great meeting and event in October. It was so much fun to see all those beautiful Bunads.

November is going to be a great meeting too. I have found a woman to teach us a Rosemaling class. She will be bringing all the supplies we need. We will be making a Christmas ornament.

December will be our traditional meeting with a Nisse coming to visit and singing around the Christmas tree. Mark your calendars for December 10th.

*Med vennlig hilsen, Best Regards,
Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

November 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!

We will have a Rosemaling class.

Please bring food for potluck

A to I Main Dish,

J to S Salad / T to Z Dessert



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	



Norwegian Potato Dumplings (Raspeball)

This traditional Norwegian dish is a perfect dish for the colder months of the year. These hearty dumplings also pair wonderfully with lamb meat, smoked sausage, or bacon.

Ingredients:

- 2 1/4 lb. shredded raw potatoes
- Heaping 3 cups potatoes, peeled, cooked, mashed, then cooled
- 1 1/4 cup barley flour
- 2 tsp. salt

Directions:

1. Mix the shredded raw potatoes with the cold boiled mashed potatoes.
2. Add the barley flour and 1 teaspoon of the salt and mix.
3. Put on large saucepan of water to boil and add 1 teaspoon salt.
4. Form a round ball by using a tablespoon and your hand.
5. Place raspeballer gently into softly boiling water and let them simmer for about 45 minutes.
6. Serve the dumplings immediately.



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 10/8/22

Prepare & Host the Tea & Bunad Fashion Show - Friday 10/7/2022 & Saturday 10/8/2022

A BIG VELKOMMEN to today's Tea & Bunad Fashion Show with the famous SCANDIA DANCERS.

The room was beautifully decorated with red, white, and blue linens set off by the white china. In the middle of each table was a 3 tier plate holders filled with open face sandwich choices of roast beef/cheese/pickle, salmon/egg/dill, or egg/tomato/cheese. Scones with lingonberry jam, beets, and family style salad accompanied the Tea pots filled with hot water and a selection of teas. For dessert we had a slice of almond cake smothered in whip with lingonberry jam & raspberries. **Looks perfect! I think we are ready to host the most amazing Bunad show in Orange County today.** ☺ It was also a pleasure to see our **Zone Director Randy Sundeen** in the audience. ☺



The word bunad has its origins in old Norse and means outfit or equipment. Today, it's the term we use for the national dress/costume in Norway. From 1900 and onwards, the focus shifted to creating bunads from every region, signaling regional identity.

The Scandia Dance team modeled Bunads from different regions in Sweden, Norway, Finland, and Denmark. For example Bunads from Norway have silver accompaniments and Sweden does not. Finland bunads have a seam on the back that matches in pattern. Each were exquisitely embroidered and paired with its' appropriate shoes, aprons, hats, or scarves. Many of our guests wore their personal Bunads and shared their wonderful stories.

A section of tables were also set up to hold "silent auction" items ready for a new home. ☺ The silent auction was a great success and produced additional funds for our lodge.

THANK YOU to all that worked so hard to make this tea a Great Success and to each attendee that enjoyed our day with us!

Today's announcements

- **November – Rosemaling a Christmas Ornament / Elect a Nominating Committee / Potluck**
- **Save your pennies for Camp Norge and pop tops for Ronald McDonald's House.**
- **We are also accepting donations for St. Luke's Episcopal Church – 525 E. 7th St., Long Beach, Ca.**
 - o Every Saturday, St. Luke's continues to provide showers, clothes, and food to our unhoused neighbors.
- **Troann** closes the meeting with the following message **"may peace and harmony be throughout the lodge"**.

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

A Norwegian lady mistakenly took some sugar pills for the "the pill". She now has the sweetest baby in town.

Lars: Say Ole. I went by your house last night and noticed you kissing your wife in the window. Ole The yoke's on you. I wasn't even home last night.

*Man (watching a funeral procession) "who died?"
Norwegian: I think it was da guy in da casket."*

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



NOVEMBER

6 – Daylight Savings time ends

8 – Election Day

11 – Veterans Day



12 – Lodge Meeting

24 - Thanksgiving

This Month's Birthdays. . . Gratulerer Med Dagen



OCTOBER

24 – Martha Green

Editor missed last month! Sorry Martha!

NOVEMBER

20 – Philip Perterson

23 – Sigrid Berg

26 - Flora Morgaan

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.

The Hatwan Family



Joan has been a member since 2021.
Cleone has been a member since 1986.
Steven has been a member since 2022.
See Everyone needs to join. It is great being a part of the Sons of Norway!

This week, **lutefisk season** opens in our country.

There are many stories about how lutefisk came to be. What actually happened, when it happened and what made people put dry fish into lye, no one knows. Lutefisk is an important part of Norwegian food tradition and is eaten all over the country. Lutefisk is so strongly linked to the Norwegian/Nordic tradition that even immigrants to America brought the tradition with them, which led to lutefisk being popular in certain parts of the United States.

Lutefisk was first mentioned in Norwegian literature by Olaus Magnus in 1555. He describes how lutefisk is prepared and eaten: The dry stockfish is left in strong lye for two days, then it is rinsed in fresh water for one day before it is boiled and eaten. It is served with salted butter and is highly prized, even by kings!

Nevertheless, we do not know for certain why and when people started treating tørrfisk (dried fish) with lye. Tørrfisk is unsalted and dried under the open sky in a fresh breeze at a temperature just above freezing - simple and energy-efficient. A particularly popular theory is that the lutefisk originated after a fire in a tørrfisk storehouse in Lofoten. After the fire, the fish was covered in water and soot. Valuable food should not be thrown away, and when the Lofotenians tasted the fish after carefully washing it, they made the discovery that we still eat today.

A slightly more likely theory is perhaps that someone a long time ago found that the dilution of tørrfisk went faster with a little lye in the water - and the result was dry fish instead of extra quickly diluted dry fish. The coastal population could also obtain fresh fish whenever they wanted, and there is therefore greater reason to believe that the lutefisk was invented inland. Lutefisk is low in calories, contains some protein (but less than regular fish), a good amount of selenium, vitamin B12 and a little vitamin D. Toppings such as bacon, sauce and lots of butter, in addition to a high content of salt, on the other hand, make it so the dish as a whole is more suitable for holidays than for everyday life.



Foundation Update

High school seniors and current college students- it's time to start thinking about 2023!

If you are a member of Sons of Norway or have a parent or grandparent who is a member, you can apply for a scholarship from the Sons of Norway Foundation.

There are a variety of scholarships available for college, trade schools, and study abroad, from \$1,500 to \$20,000+.

Go to the Sons of Norway Foundation website at <https://www.sofn.com/foundation/scholarships/> to find out if you are eligible to apply. When you find one or more for which you qualify, read the Overview, Who Can Apply, and View Guidelines.

Here are a few suggestions for your scholarship application:

1. Treat the application as if it is a job application. Be thorough in completing all of the requirements.
 2. Make a list of all the application requirements and check them off when completed. Then, double-check before submitting to be sure that it is complete.
 3. Read and study the Criteria section of the application. In your essay, you are asked to address six key points. Use specific, experiential examples when answering these key points, especially your connection to Sons of Norway.
 4. How did you find out about the Sons of Norway Foundation scholarship and/or what do you know about the Sons of Norway Foundation? Demonstrate that you've done research beyond a simple Google search.
 5. Emphasize your involvement in community or school volunteer work.
- We are excited to bring these opportunities to you! We believe you have the potential to be an excellent candidate. Applications are due in several months and we hope you get started now to create a compelling application!





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.

Christ Lutheran Church Presents its Second Annual

Christmas Market



Saturday, November 19th

10:00am-2:00pm

6500 Stearns Street, Long Beach, 90815

Join us for a day full of shopping unique crafts, eating yummy foods, game area for the kids, and family pictures! We can't wait to see you! Grab a funnel cake for the season and enjoy!

Our Lodge will have a Sons of Norway booth at the church's Christmas Market.



VOTE on or before November 8, 2022



Fridtjof Nansen #6-009 Long Beach, CA
www.nansenlodgelongbeach.com
www.sofn6.com
www.facebook.com/longbeacchsofn

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