

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 93 , Issue 2

February 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...



I know we only saw half of the movie "Heroes of Telemark" at our last meeting. I am exciting to see the end of the movie this month.

At the March meeting we working on a plan to get our 1st Cooking Cultural Skill pin. February bring the paperwork Terry gave you last month, recipes . We have been talking about this a long time; we are going to get it done.

***Med vennlig hilsen, Best
Regards, Phebe***



SONS OF NORWAY

Our next meeting is on
Saturday February 11, 2023

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!*

.....
February's meeting will be a potluck. Bring something you will enjoy to share. We will finish the movie "The Heroes of Telemark." Then Teresa Broadhead will be teaching us about Woodland Animals.



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:	Ginnie Wilcox	(562) 595-5616
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	



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.

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

st. luke's 
episcopal church long beach
california

Shower Program



**In Appreciation to Sons of Norway
Long Beach Lodge #6-009**

2023

**Our gratitude for your continued support of our
Homeless Shower Program is beyond words.**

**The bags of socks and amenity supplies you
brought
will provide comfort, self-esteem, pride of self, and
hope to unhoused guests.**

Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge

Sons of Norway Lodge Meeting 1/14/2023

Several gathered at 11:00 to prep / most gathered before 12:00 / started the meeting @12:06 / called to order @ 1:12 / concluded approx. 2

NYTTAR ONSKER OM ET GODT NYTT ARI! NEW YEAR WISHES FOR A HAPPY NEW YEAR!

- **THANK YOU Miss Phebe and our wonderful Members** for today's set up and preparations. The room looks lovely!

Blessing & Lunch

- After our Norwegian prayer, the lodge will be hosting a lunch with the **Best Salmon Soup** ever (provided by the Wilcox's), ham, quiche, rolls, fruit salad, green salad, & biscuits. The dessert table was loaded with cookies, cinnamon buns, fruits and everything in between. **Sooo Yummy!**

Today's program

- **"The Heroes of Telemark"** starring Kirk Douglas. This movie is a British war film based on the true story of Norway's heavy water sabotage during WWII. The Norwegian resistance sabotaged the Vemork Norsk Hydro plant in the town of Rjukan in a county of Telemark, Norway, which the Nazis were using to produce heavy water that could be used to manufacture the atomic bomb. Kirk Douglas plays Rolf Pedersen, a Norwegian physics professor, who is pulled into the struggle by local resistance leader Knut Straud aka Knut Haukelid. Knut Haukelid was a Norwegian military officer involved in the resistance movement during WWII. After extensive special training in Great Britain, he was selected as deputy commander of the Gunnerside group and sent back to Norway in 1943. On February 28, 1943, the demolition team entered the Norsk Hydro plant and set explosive charges. The British War Cabinet subsequently ordered Haukelid to sink the Norwegian ferry SF Hyd as she transported containers of heavy water across Lake Tinn. Knut received multiple awards including Norway's highest decoration for military gallantry, the War Cross with sword. He received this decoration twice, once in 1944 and once in 1945. Knut graduated from the Norwegian Military Academy in 1948 and served as major in the Telemark Infantry Regiment. Later he was appointed head of the Home guard of Greater Oslo. We will watch more of the movie next month.
- We also put together more than **50 full toiletry bags & 9 partial toiletry bags** to be donated to St. Luke's Episcopal Church's Outreach Shower program. Every Saturday, St. Luke's continues to provide showers, clothes & food for their unhoused neighbors.

Opening of Meeting

- The meeting was opened with the Norwegian National Anthem, Oh Canada, Star Spangled Banner and our Pledge of Allegiance.

Birthdays for December – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Erin Flair, Valerie Sparr, Teresa Broadhead, Paul Ordal, & Kirk Howe! Whoop whoop!

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

- Today's language lesson was focused on WWII. Words like angrep (attack), vapen (weapon), pistol, gevær (rifle), kanon (cannon), soldat (soldier), tropper (troops), fred (peace).

Today's announcements

- **Today's 50/50 pot of \$25** will be shared with **Martha Green. Woo hoo! Congratulations Martha!**
- **Save your pennies for Camp Norge and pop tops for Ronald McDonald's House.**
- Our next meeting is **2/11/23**. The program will include the rest of "The Heroes of Telemark" and we will work towards getting our cooking pins.
- **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 set out to swim the English Channel. But half way across he got tired and swam back.

*Personnel Director: Before I consider you for a job, do you lie, cheat, steal or come in late?
Norwegian: No. . . . I never have. But I'm villing to learn.*

Sven says: "Dere is two Signs of old age. Vun is losing your memory and I forget da udder vun."

Some Norwegians were playing a bunch of Swedes in a game of football. When the six o'clock whistle blew the Swedes went home. Four plays later, the Norwegians scored a touchdown.

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



February

1 – National Freedom Day

National Religious Freedom Day

12 – Lincoln's Birthday



14 – Valentine's Day

20 – Washington's Birthday Observed



This Month's Birthdays. . . Gratulerer Med Dagen



February

5 – Phillip Knudsen

13 – Jeanne Paige

21 – Alfred Dimas

28 – Heidi Ansorge

Camp Norge. . .

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REST IN PEACE, MR. PRESIDENT



*It is with great sadness I tell you our District President has passed away. I was lucky to have known Bob he was a wonderful person and he will surely be missed.
Troann*

Robert Einar "Bob" Sather passed to heaven, January 3, 2023, at age 80, after a valiant fight with liver cancer. He lived his Norwegian heritage and loved Sons of Norway. Bob was proud to have been elected President of District Six and had planned to lead District Six into the future.

Hazelnut Toscakake

A twist on the classic Norwegian almond cake

*Submitted by Christopher Mohs,
Vikingland Lodge 1-495, Detroit Lakes, MN*

Ingredients:

For the Cake:

4 extra large eggs
1 1/4 cups granulated sugar
1 1/4 cups all-purpose flour
2/3 cup butter

For the Topping:

2/3 cup hazelnuts (roughly chopped)
1/2 cup granulated sugar
3 Tbsp. milk
1 Tbsp. all-purpose flour

Directions:

Preheat the oven to 350°F (175°C). For the cake, melt butter and set aside to cool. Whisk the eggs and sugar together until light yellow and fluffy. Add the flour and melted butter until just combined. Pour the batter into a springform pan lined with parchment paper and bake for about 45 minutes. Check to see if it's done by inserting a toothpick or wooden skewer into the cake. If it comes out clean, the cake is done. If batter sticks, bake for an additional 5 minutes and test again.

When done, remove the cake from the oven but leave it in the springform pan. For the topping, place all topping ingredients into a saucepan and bring to a boil. Once a boil is achieved, immediately pour the mixture onto the cake and spread evenly across the top. Return the cake to the oven and continue baking; only using the top heat (broiler) if possible until it looks golden brown, about 5-10 minutes.

Remove from the oven and allow it to cool before removing from the springform pan. Enjoy!



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!

The Influence of Pop Band a-ha on Norway's Electric Car Industry

In the 1980s, Norway's environmental movement attempted to push electric vehicle technology to no avail. In a stroke of genius, Professor Harald N. Rostvik, from the University of Stavanger, decided to recruit the country's biggest pop group, a-ha, to be the face of the movement.

After traveling to the Tour de Sol exhibition in 1989 where they witnessed an electric Fiat Panda, the band imported and started driving a similar car in Norway to show the country that there is a better alternative to polluting fossil fuel vehicles. Part of the band's campaign involved civil disobedience, such as getting fines through toll booths or refusing to pay vehicle taxes. The stance was that this type of sustainable travel should not be subject to such fees, making it that more enticing.

After several years of embarrassing the government with their charades, Norway adopted the incentives that the campaign had advocated for, such as free parking, zero tax, and free ferry travel. Today, Norway is a different place with over a half a million EVs and 78% of new car sales in the last year being pure electric.





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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