

# Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

## NANSEN NEWS



Volume 95, Issue 7

June 2025

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

**Ord Fra Presidenten...**

**Our lodge will be 95 years old on June 5<sup>th</sup>. We will be having a celebration on June 14<sup>th</sup> with a very special party, and we are looking forward to all of you attending. You will have a very enjoyable time as we honor the milestone for our lodge.**

**Remember: to bring your pop top for McDonald's house.**

**Your pennies while they last for Camp Norge.**

**Turn in your bottles and cans and donate the money to the lodge to help pay for expenses. .**

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



**SONS of  
NORWAY**

Our next meeting is on

Saturday June 14, 2025

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!*

**Fridtjof Nansen Lodge's  
95<sup>th</sup> Anniversary Celebration!**



The mission of Sons of Norway is to provide quality insurance and financial products to our members, promote and preserve the heritage and culture of Norway, and to celebrate our relationship with other Nordic countries.

## #6-009 - Fridtjof Nansen Lodge

### Sons of Norway Lodge Meeting 4/12/25

4 @ 10:30 / most gathered before 12:00 / opened @ 12:15 / called to order @ 12:45 / concluded @ 2:05 / 13 strong

#### APRIL IN NORWAY



Easter is a significant holiday in Norway, celebrated with a blend of pagan and Christian traditions. It's time when families come together to celebrate the arrival of spring and the resurrection of Jesus Christ. Most Norwegians use Easter as an opportunity to get one or two weeks off work.

#### I. Velkommen Special Guest

A **HUGE** warm and inviting welcome to **Eloda Linehan**, who drove 1 ½ hours to be with us today!! **It was sooo nice to see you!**

#### Blessing & Lunch

- After our Norwegian blessing, our potluck dishes boasted broccoli salad, scalloped potatoes, collard green & broccoli casserole, chicken nuggets, roasted chicken, mac & cheese, chips, carrots, grapes, cranberry, red cabbage, pineapple, and mixed veggys. For dessert, we had cupcakes, cookies, and cream puffs. **Yummy**

#### Opening of Meeting



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

**Birthdays for April – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Barbara Shepard, Loyd Wilcox, Cleone Hatwan, & Scarlett Hutchinson!!!**

**Language Lesson – hosted by John Olsen - THANK YOU JOHN for your unwavering support to our Lodge** 🇳🇴

- Today's language lesson – Vår (Spring), Påske (Easter), Blomster (Flower), Skinke (Ham), Erter (Peas), Boller (Rolls), Gulrøtter (Carrots), Lammelår (Leg of Lamb).

**Today's program was host by Steve Onorato – Norway's Genetic Secrets – From the Ice**

#### Age to the Vikings



12,000 years ago, after the ice age, the first humans ventured into these harsh lands. Two waves of hunter-gathers came.

- 8,600 years ago, the Søgne Woman appeared. She understood both land and sea.
- 4,300 years ago, farming families migrated carrying seeds and livestock ie the Beaker people.
- 2,800 years ago, the battle ax people arrived with domesticated animals. What a **cool** video! Eloda even wants to share it with her lodge. It took us from the Ice Age pioneers to the Sami people's Arctic adaptations all the way to the Viking Age's genetic legacy.

**Today's announcements** o **CONGRATULATIONS Grandma Teresa Broadhead!!!** Please welcome her beautiful grand-daughter **Elowen Meadow**. o If you like reading, you might want to join the Sons of Norway Book Club for enjoyment and friendship. o Please let Jessica know if you are working on a **Cultural Pin** so we can order the pins ahead of time. o **Today's 50/50 of \$38** will be shared with **Terry Lord**. **Terry has donated her share back to our lodge. THANK YOU!** o Our lodge hosted dinner at the **Ronald McDonald's House 3/21/25**. Troann, Phebe, Lynne & Jessica **cooked up a wonderful meal.**

- Our lodge continues to collect recyclable bottles & cans as a fundraiser. Please bring your rinsed donations, and their lids to the meeting. Troann will take them to the recycling center.
- Please start collecting for our annual **St. Lukes Homeless** donation drive. Bring everything to our **May meeting** for packing and distribution.
- **Yellow ticket winners** – Steve O, Loyd W, Troann L, John O, Phil K, Jessica A, Synne S, Terry L, Teresa B, Ginnie W, and Eloda L. **CONGRATULATIONS to all winners!!!!**
- Our next meeting is **5/10/25**. Our program is **“Syttende Mai”**.
- **SAVE THE DATE – JUNE 14, 2025 from 12:00 to 3:00** – we will be celebrating our **95<sup>TH</sup> Anniversary!!! WOW! Please R.S.V.P. by May 31<sup>st</sup>** as we are committed to 60 seats. We will also have a **silent auction & 50/50 drawing**. Please **bring your silent auction items to the May meeting** so we can tag & list them. **Reserve or buy your tickets by giving your money to Troann or call 714.928.5975.**
- **Krestevna Events** = Santa Barbara – beginning of October      Banning – October 24 - 26  
**Troann** closed the meeting with “May Peace and Harmony prevail throughout the lodge”.  
Respectfully submitted: Terry Lord – Secretary

### 2025 Officers

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Jessica Ansorge	(562) 252-6999
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:	Troann Loy & Teresa Broadhead	(714) 928-5975 (310) 325-5478
Sunshine Sec:	Cleone Hatwan	(562) 633-6752
Foundation Dir.	Barbara Shepard	(714) 962-5857
Publicity	Jessica Ansorge	(562) 252-6999
Counselor:	Troann Loy	
Greeters:		
Marshall:	Steven Onorato	(562) 912-4160
Marshall:	Loyd Wilcox	
Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Youth Director:	Susan Ansorge	(562) 533-3132
Webmaster:	Steven Onorato	
Auditor:	Patricia Lampe	

### **Learning to be Vikings at Lee School.**



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

*Lena's birthday was coming up and Ole decided he wanted to do something special for her. He asked Lena, "If you could have anything, what would you like for your birthday?"/ Lena thought about it for a moment and responded, "I'd like to be 8 again." On the morning of her birthday, Ole brought her a bowl of her favorite childhood cereal. After breakfast, he took her to an amusement park where they rode all the rides, including the rollercoasters and spinning rides. On the way home, he stopped and got her a happy meal and chocolate shake from McDonalds. They arrived home exhausted but happy. Ole looked at Lena and asked, "So, how did it feel to be 8 again?" She replied, "I meant my dress size."*

## **MEMBERSHIP DUES:**

**Single Membership is \$84.00**

**Family Membership is \$144.00**

**[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***



### **June**

14 – Our 95<sup>th</sup> Anniversary Celebration

15 – Father's Day

20 – Summer Begins

### **July**

4<sup>th</sup> – Independence Day

NO MEETING

### **August**

Maybe a picnic more to come

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



### **June**

5 – Madalyn Broadhead

15 – Patricia Lampe

23 – Susan Ansorge

30 – Laura Innes

### **JULY**

13 – Steve Onorato

18 – Roni Loin

## ***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.



## **I. A Royal Greeting**

Last week was Norwegian National Day – Syttende Mai! Here is a message in honor of the occasion from His Majesty **King Harald V** and Her Majesty **Queen Sonja of Norway**.

"The Royal Family thanks you for your kind greetings on the occasion of May 17. We send our best wishes for Norwegian National Day and the future – to the staff at the Embassy with their families, Norwegians and Norwegian-Americans, and friends of Norway in the United States of America."



## DISTRICT SIX SPONSORED CAMPS

### LANGUAGE AND HERITAGE SUMMER CAMPS

Our Language and Heritage Camps offer participants a unique opportunity to deepen their connection with Scandinavian culture while having fun in a traditional summer camp setting. Attendees enjoy field games, swimming, and hiking – but unlike other summer camps, they also experience unique cultural activities including daily Norwegian lessons, rosemaling, folk dancing, and Nordic cooking.

Trollfjell Folkehøgskule for 14 – 17-year-olds

Camp Trollfjell for 8 – 13-year-olds

<https://sofn6.org/arv/trollfjell-folkehogskule/>

<https://sofn6.org/arv/camp-trollfjell/> June 29 – July 12,

2025

July 13 – July 26, 2025

Encourage the youth in your life to attend camp! District Six and many lodges offer partial scholarships. Consider joining our team of teen and adult staff and volunteers.

Co-Camp Director: Jason Morken, [camp.director@sofn6.org](mailto:camp.director@sofn6.org) 209-689-8554

Co-Camp Director: Rebekah Strand, [program.director@sofn6.org](mailto:program.director@sofn6.org) 970-541-0375

### **ADULT CAMP – Camp Oldfjell** - sixth year!

For a camp experience for those too old to attend the youth camps.

(Open to all 18 years and older.)

Saturday, September 20 through Tuesday, September 23, 2025

(Meals served Friday dinner through Wednesday breakfast)

Weekend only session or the 4-day session - to accommodate your schedule

Held at Camp Norge, 250 Canyon Mine Road, Alta, CA 95701 Folk Art

Classes in several of the Cultural Skills Units and More.

<https://sofn6.org/camp-oldfjell/>

### **Support Your Camp Norge**

“Build the Hygge Hus Campaign” is for the much-needed fully accessible units that will ensure inclusivity for individuals using wheelchairs and walkers. Our vision includes constructing the Hygge Hus (cozy house) in the parking area behind Heritage Hall, connected by a level, paved



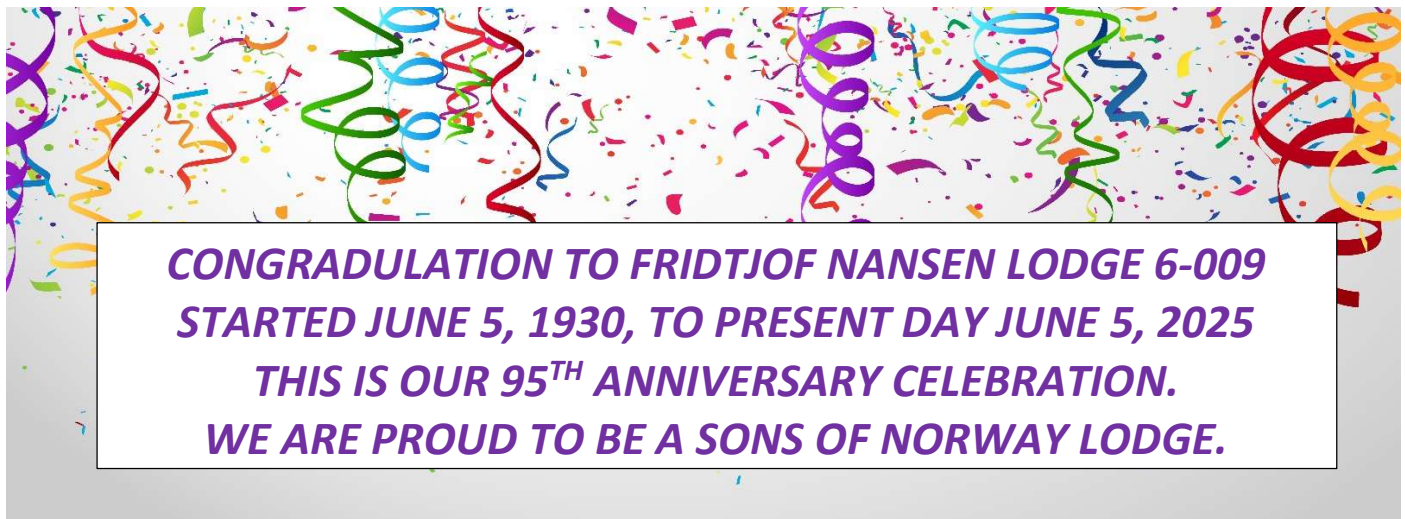
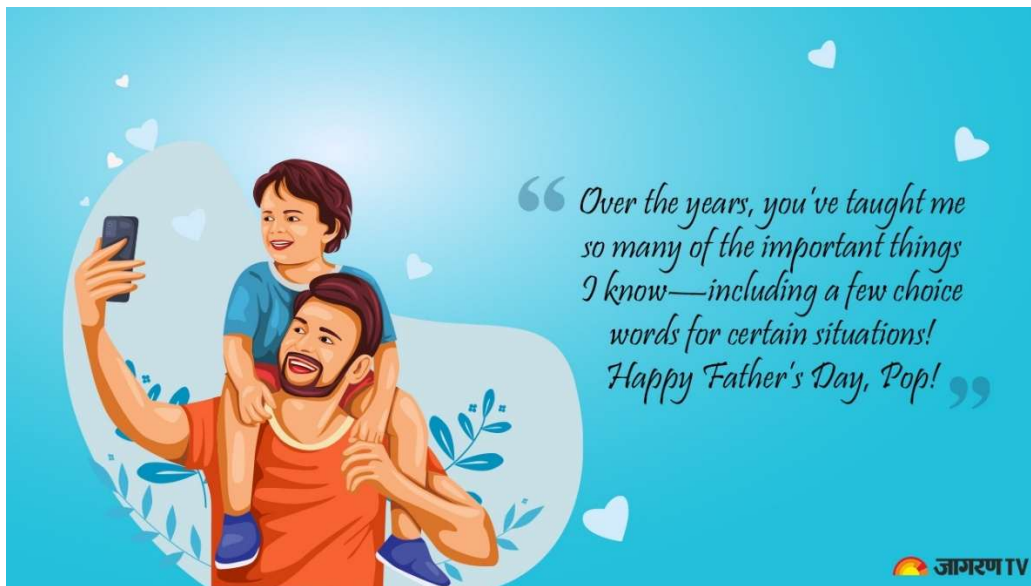
**Join Sons of Norway and enjoy the benefits of being a member. Visit the Sons of Norway website and explore what we have to offer. You can sign up or renew your membership. Go to [www.sofn.com](http://www.sofn.com)**

**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.**



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