

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 93, 6 Issue

June 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...Wow you had another great meeting in May celebrating Syttende Mai. I am sorry I missed it! But I will be back at the June Meeting. We will be celebrating our 93rd Lodge Anniversary.

Now remember we will not be meeting in the month July and August. Our first meeting will be in September 9th. Hope to see you all then.

*Med vennlig hilsen, Best Regards,
Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

June 10, 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!*

CELEBRATING OUR LODGES 93RD ANNIVERSARY!

LEARNING ABOUT OUR LODGES HISTORY.

**THIS MONTH THERESA BROADHEAD WILL TEACH US
HOW TO DO A CORN BOIL. THE REST OF LUNCH WILL BE
A POTLUCK. THANK YOU MEMBERS.
(SALAD A-H) (MAIN DISH I-P) (DESSERT Q-Z)**



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:	Ginnie Wilcox	(562) 596-5616
Treasurers:	Troann Loy	(714) 963-4830
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Editor:	Troann M. Loy	(714) 963-4830
Cultural Director:	Phillip Knudsen	(562) 308-8763
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Historian:	Open	
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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	

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
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- 8) Penalty Free RMD Withdrawals for IRS's
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- 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

Shrimp Canapés

Serves 4

Ingredients:

16 slices bread
1/2 cup mayo
1/4 cup butter, softened
1 small jar capers
1 lemon, sliced in half moons
4 large sprigs fresh dill
20 boiled, cold shrimp, preferably still in the shell or head on

Method:

Boil the shrimp. Mine were jumbo and took 7-8 minutes. (Small shrimp will only need 3-4 minutes). Shock in ice water to keep them from overcooking. Drain.

Lay out all ingredients in a DIY spread. Instead of using traditional white bread, I used slices of soft wheat bread cut into dainty circles with cutters. I loaded my canapes up with the salty capers, a splash of lemon juice and a sprig of dill. It was fun assembling each sandwich.

While it's not required, feel free to cut bread into small rounds to up the "cute factor."

Be sure to provide plenty of napkins, sparkling water, and enough smiles to light up the room.

Enjoy!

Source:

[Global Table Adventure](#)



Minutes from our Lodge Meeting

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 5/13/2023

Several gathered at 11:00 to prep / most gathered before 12:00 / started the meeting @12:02 / called to order @ 12:55 / concluded approx. 1:50



HAPPY SYTTENDE MAI – 17th of May (CONSTITUTION DAY)

THANK YOU Miss Phebe and our **WONDERFUL MEMBERS** for today's set up and preparations.

VELKOMMEN

- **Welcome Back** Jessica & Susan Anson along with our lodges' frequent flyers. ☺ We are 19 strong today!!

Blessing & Lunch

- After our Norwegian prayer, today's menu had the traditional hot dogs, potato salad, & beans with all the trimmings. The dessert boasted delicious brownies from Miss Lynn, ice cream from the Peterson's and all the toppings. **Sooo Yummy!**

Opening of Meeting

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



GRATULERER MED DAGEN - to Judy Ordal & Phebe Fricioni! Woo Hoo!

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

- Today's language lesson was focused on Syttende Mai. Words like Feire (celebrate), Tog (parade), Hurra (cheer), Flagg (flag), Farger (colors), God mat (good food).

Today's program "Syttende Mai and Parade" was hosted by Troann Loy

- Troann reviewed the 2022 Viking Magazine "How much do you know about Syttende Mai"? She asked questions like:
- When Norway adopted its constitution, the national assembly also elected what king? Christian Federik.
- When the 112 constituents finished the final draft of the constitution at Eidsvoll, what was their rallying cry? United and true until Dovre falls. "Til Dovre Faller" was referring to the mighty Dovre mountains richly woven into Norway's history.
- What is Matthias Conrad Peterson known for? Organizing the first citizen's parade.
- What sweet treat tops the list of Syttende Mai celebrations? Ice cream.
- How many people gather in Oslo each Syttende Mai? About 100,000. Wow!
- If you would like to see the original May 2022 magazine, please access the Sons of Norway website under Viking Magazine archives. You will find all kinds of wonderful information along with our monthly financials.
- Afterwards, we grabbed our flags, paraded outside around the church and shouted, "Hip Hip Hurra Hurra Hurraaaaa".

Today's announcements

- **Today's 50/50 pot of \$44** was won by **Teresa Broadhead**. **Woo hoo! Congratulations Teresa!** (Teresa has graciously donated her share to the lodge. **THANK YOU TERESA!**)
- **Troann** also shared pictures of us preparing dinner at the Ronald McDonald House. **THANK YOU ALL** for a very successful and very much appreciated night.
- **Remember to save your pennies for Camp Norge** and **pop tops for Ronald McDonald's House**.
- **Troann will pass/share the minutes** from other lodges to give you a wide perspective of what is happening in our district. You will find information on our **June 21-23, 2024 convention** in wonderful **LAS VEGAS**. **Woo hoo!!** Please let the nominating committee (Troann or Phebe) know if you are interested in attending this convention.
- **Our next meeting is 6/10/23**. The program will celebrate our 93RD Anniversary. **WOW!!!** We will also have a silent auction so bring those white elephant gifts.
 - Miss Teresa will teach us how to "have a corn boil".
- **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:

Why don't Norwegians swat flies? It's their national bird.

The highway patrolman stopped the Norwegian's car and informed the Norwegian that his wife had fallen out of the car three miles back. "Thank goodness," exclaimed the Norwegian. "I thought I'd gone deaf."

Arne: My brother says he's sick.

Doctor: Now, Arne, you're brother's hale and hearty. He just thinks he's sick.

Two days later.

Doctor: How's your brother?

Arne: He thinks he's dead.

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

5 – Fridtjof Nansen's Lodge's 93rd Anniversary

Started lodge on June 5, 1930

6 – D-DAY

10 – Lodge meeting

14 – Flag Day

18 - Father's Day

21 – Beginning of Summer

JULY AND AUGUST

NO MEETINGS

This Month's Birthdays. . . Gratulerer Med Dagen



JUNE

11 – ELEONORA NYREN

15 – PATRICIA LAMPE

23 – SUSAN ANSORGE

30 – LAURA INNES

JULY

13 – STEVE ONORATO

18 – RONI LION

31 – CLYLE ALT

AUGUST

19 - TERRY LORD

24 - LYNNE SORUM

29 - DOREEN WENDELL



Mark the Date for the District Six Lodge Meeting and Convention! **June 20-24, 2024**
Tuscany Suites and Casino, Las Vegas, NV
Hosted by Vegas Biking Lodge #152 and the District Six Board.

Folk Art and More

It's time to start working on projects for the 2024 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June, 2024. New this year, is a 'Viking' category to go along with the Viking Vision logo/theme. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, painting, etc. or get creative with a digital program and/or the Viking theme.

Sleep Education in Schools

In a recent youth study in Agder county, Norway, it was evident that there is a strong connection between mental health and sleep. Of the girls in the study who slept 6 hours or less, 44% had a high level of mental health problems and the boys' percentage was at 21%. The percentages were reduced significantly with just one additional hour of sleep.

Because sleep seems to be a root of mental health and stress among youth, psychologist Anne-Kristin Imenes believes that teaching about sleep should be part of the school curriculum. It is more important than what is currently being taught. Education on sleep has been attempted in some areas in Norway already, mostly online.

Imenes is hoping to analyze the data of the survey, talk with student councils at schools, and come up with ideas to combat poor sleep habits. The hope is that sleep awareness spreads to more people and that youth develop the tools they need.

Five Trips En Route to 50

This summer both Crown Prince Haakon and Crown Princess Mette-Marit will turn 50. They will mark their special year with five trips to various parts of Norway, each excursion highlighting a different theme.

In February, Haakon went on a business trip to Stord in Vestland. At the end of March, the pair visited the towns of Vinje, Telemark and Bykle in Setesdal.

First they spent time at the Raulandsakademiet in Vinje, an institution of Norwegian folk tradition and artisanship. Crown Princess Mette-Marit was thrilled to receive a pair of hand-embroidered monogrammed mittens while Crown Prince Haakon was gifted a harmonica.

Hovden Ski High School was next to play host. The crown prince pair love to be active in nature and took in a mountaintop view with students and teachers. After a chat at 1209 m/3966 ft over *vafler* and a bonfire, the crown prince returned on back-country skis.

That evening, the royals were treated to a concert in the old Bykle church, a parish dating back to the 13th Century. The unique music and dance traditions from Setesdal were recently added to the UNESCO list of intangible cultural heritage.

Other destinations include Finnmark in April to connect with Sámi culture, and Træna, Nordland in May, to embrace maritime life. In August they'll throw a joint birthday bash at the Palace gardens.

When asked how it feels to be turning 50 soon, the crown prince replied: "Det er fint, det." — "It's nice."



Midtsommer Magic

On June 23, or the Saturday closest to it, Norway celebrates Midsummer's Eve with boating, picnics, bonfires and the beauty of summer.

The ancient sun festival is celebrated throughout Europe with traditions that vary from country to country. Common to most of these traditions is happiness and gratitude for the warmer and brighter days. There's a Norwegian saying that "a beloved child has many nicknames," and this major holiday is referred to as midtsommerfest, Jonsok or Sankthansaften (St. John's wake/eve).

In folk belief, good forces were believed to be particularly strong at midsummer. Herbs and hay harvested on the solstice were said to have potent magical properties. Putting a red Jonsok flower under your pillow would make you dream of the one you'd marry. A bonfire was to strengthen people going into the darker part of the year, and protect against trolls and evil spirits.

Today midtsommer is a secular festival that signals that summer vacation is imminent! Beachfront bonfires, music, dance, friends and good food are typical. Grilled meats and seafood are popular, along with potato salad, pancakes, strawberries, homemade juice, as well as beer and aquavit.



Tallest Bonfires in Norway!



He's Got It All

Erling Braut Haaland is officially a Manchester City player. The club confirmed the signing on Monday [June 13, 2022]. It was done on the same date as when his father Alfie Haaland signed 22 years ago.

Many football clubs were after Erling Braut Haaland. But in the end it was the English Manchester City who drew the longest straw.

And so, one of the summer's most anticipated signings is upon us. It already became clear on May 10th that the English club had bought him. But an official confirmation took longer.

"This is a proud day for me and my family," says Haaland on the club's website.

Haaland signed a contract that lasts until 2027.

"I have always watched City and have loved doing so in recent seasons. You can't help but admire their style of play. It is exciting, and they create many chances. It's perfect for a player like me," says Haaland.

Haaland did not want to talk about the transfer until it was clear.

Txiki Begiristain says that Haaland has everything they want in a striker.

"And we are sure that he will excel in this squad and this system," he says. Begiristain is sporting director for City.

Haaland scored his 20th goal for Norway on Sunday. That means he has scored 42 goals in 39 games this season. This applies to all tournaments. Of these, 10 were scored in nine matches with the national team.

Many expect Haaland to score a lot for City. They won the league this season.

"I want to score goals, win trophies and improve as a footballer. And I'm sure I can do it here. This is a good transition for me. And I can't wait to get started," says Haaland.



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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