

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 93 , 3 Issue

March 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Thank you so much to Teresa Broadhead for the fun program about Artic Animals and all she does for the lodge.



**Valerie
Sparr
And
Her
Hedgehog.**

Are you working on your Food Cultural Skill program? Hope so. . . Please let me know if you are going to make your food at the church and what you will be making or bringing that you made at home so we can plan the luncheon. Remember to take pictures and start filling out forms.

*Med vennlig hilsen, Best Regards,
Phebe*



SONS OF NORWAY

Our next meeting is on Saturday

March 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 every one of all ages. You do not have to be
Norwegian!*

Working on our Food Cultural Skill program!

Take pictures of ingredients.

Contact Phebe about luncheon.

Start filling out form for your first recipe.

Bring to Lodge meeting.



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
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	

Scholarship Opportunities for District Six Youth

District Six offers up to 3, \$1,500 scholarships per year for students ages 16-23. These scholarships are available for students attending an accredited post-secondary school or training institution. The deadline for this scholarship is May 1, 2023

District Six offers a \$1000 scholarship to the Concordia Skogfjorden Language Camp. The deadline for this scholarship is April 14, 2023.

Applications are available on the District Six website at www.sofn6.org. Please send completed applications to c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mailed to moorongo2@verizon.net.

In addition there are many scholarships offered by the Sons of Norway Foundation at www.sofn.com.

Youth Half Camperships Available for District Six Members for 2023

The District provides ½ camperships to youth in our district for Camp Trollfjell ages 8-13 and

Trollfjell Folkehøgskule ages 14-17. Camp is held at the Recreation Center Camp Norge, Alta, CA. The amount of the half camperships for 2023 is half of the registration cost. The application form is available

on the District Six Website. All applications must be received by April 15, 2023. Please send the applications to District Six Campership Committee c/o Luella Grangaard, PO Box 832, Morongo Valley, CA 92256 or e-mail to moorongo2@verizon.net

It is time to sign up for 2023 camp!!!

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

Fridtjof Nansen Lodge #6-009

Sons of Norway Lodge Meeting 2/11/2023

Several gathered at 11:00 to prep / most gathered before 12:00 / started the meeting @12:12 / called to order @ 1:23 / concluded approx. 2:21

GOD VALENTINS DAG! Happy Valentine's Day

- **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, today's potluck includes - ham, potatoes, beans, tater tot casserole, quiche, & watermelon. The dessert table was loaded with cookies, cakes, & lemon bars. **Sooo Yummy!**

Today's program

- We finished "**The Heroes of Telemark**" starring Kirk Douglas. The British War Cabinet subsequently ordered Haukelid to sink the Norwegian ferry "SF Hydro" as she transported containers of heavy water across Lake Tinnsja in route to Germany. Lake Tinnsja is one of the largest lakes in Norway and one of the deepest in Europe. John mentions that he has been to this lake. The ferry was sunk on 2/20/1944 @ 10:30 a.m. Fourteen Norwegian crew & passengers were lost and 29 were saved. **The brave action of all saved the lives of millions** because the heavy water was used to make nuclear weapons.

Opening of Meeting

- The meeting was opened with the Norwegian National Anthem, Oh Canada, Star Spangled Banner and our Pledge of Allegiance.
- Phebe mentions the Viking magazine Foundation / Fraternal / Financial aspect and the products that are offered through the Sons of Norway – ie Life Insurance & Annuities.
- **Teresa Broadhead** hosted a section on Artic Woodland Animals - **THANK YOU Teresa** 😊
 - Teresa handed out a page of information that outlines some 60,000 species of birds, plants, amphibians, mammals, & fish found in Norway.
 - We also participated in easy to draw Hedgehogs (Hejhog) while Teresa told us the European hedgehog is native to Europe from Iberia & Italy northwards into Scandinavia and as far west as the British Isles. They can survive in a wide range of environments, and are favored in European gardens because they eat a wide range of pests.

GRATULERER MED DAGEN - HAPPY BIRTHDAY to Phil Knudsen, Jeanne Paige, Alfred Dimas, Heidi Ansorge! Woo Hoo!

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

- Today's language lesson was focused on WWII. Words like fallskjerm (parachute), fjell (mountain), snkiskytter (sneaky shooter), uranium, transport, innsjo (lake), ferge (ferry).

Today's announcements

- **Today's 50/50 pot of \$27** will be shared with **Teresa Broadhead**. **Woo hoo! Congratulations Teresa!**
- **Save your pennies for Camp Norge** and **pop tops for Ronald McDonald's House**. **We will be hosting dinner for the Ronald McDonald House May 8th.**
- Our next meeting is **3/11/23**. The program will work towards getting our cooking pins. Pick 5 Norwegian recipes you would like to make. You can start this process at home or at our next meeting.
 - Get the recipe ingredients together. Take a picture. (You can find recipes at the Sons of Norway under Recipe Box.)
 - Prepare & cook the recipe. Take a picture.
 - Serve the recipe. Take a picture.
 - Fill out the form for Cultural Skill Pin Unit #1. You can find the information at:
 - Sons of Norway site / Member Resources / Cultural Programming / Cultural Skills Program, and use
 - 1) https://www.youtube.com/playlist?list=PLJAn1AfEnOp7ytCkeZplcZEeH_m5RLldf
 - OR
 - 2) https://www.sofn.com/wp-content/uploads/2018/11/CS1_Cooking_2012.pdf
- **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:

*Selmer Toskerud from Tacoma has a plan to elope with his girlfriend Frieda. In the dark of night, Selmer climbs a ladder on the side of the house. Frieda comes to the window and whispers, "Shhhhhhhh Selmer. Don't make so much noise. You'll wake my father."
"Selmer says, "You don't have to worry, Frieda. He's holding da ladder."*

Ole went to the supermarket to get a few groceries for Lena. When he came out, he found a note under the windshield wiper: "As I am writing this note, 8 people are watching me. They think I'm giving you my name, phone number and Insurance agent. But I'm not. So long sucker."

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



March

- 11 – Lodge Meeting
- 12 – Daylight Saving Time Begins



- 17 – St. Patrick's Day



- 20 – Spring Begins

Blossom by blossom
the spring begins.

This Month's Birthdays. . . Gratulerer Med Dagen



March

- 8 – sylvi olsen
- 10 – Lyman Lakken
- 11 – Victoria Gammer
- 22 – Jessica Ansorge

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.

Viking Grave Discovery

An amazing discovery was made in the backyard of a house located in the Holmen neighborhood of Oslo. A new house was set to be built on the lot, but before that could happen, archaeologists were called to excavate the site. Their labors were fruitful as they determined there lay a burial site dating back to the Viking Age. Among the items found were gravestones, knives, horse equipment, a cloak ring buckle, and an entire wooden shield. All that was left of the rotted wooden shield was its metal centerpiece. There were no human remains found at the burial site as it was Viking tradition to cremate the deceased on a bonfire. The items found were just underneath the topsoil. Sciencenorway.no reported that about 60 Viking graves have been discovered in Oslo. However, this one is significant in that it was the first excavation by a team of archaeologists, rather than construction workers.



Ukjent Arving - Genealogy Mysteries

An unknown caller tells you that a distant relation has left you 5 million kroner (roughly US \$500,000). But you have never heard of this relative- how did they track you down?

What happens when a Norwegian citizen dies without creating a will? NRK tv series Ukjent Arving (Unknown Heir) places genealogy at the forefront as host Tarjei Strøm and genealogist Kai-Samuel Vigardt race the clock to locate rightful heirs.

Each year between 10 and 20 Norwegians pass away without a will or any known next of kin. If no heir is found and proven within ten years, the deceased's estate goes to the Norwegian government. Often in the process of searching, the program uncovers poignant details about the life of the deceased, reconnecting heirs with lost family stories.

Do **you** have a genealogy mystery to unravel? The Sons of Norway Cultural Skills unit on Genealogy is great place to begin- log into sofn.com and click Genealogy under the Member Resources menu.

For tips on planning a will, refer to page 10 of your January/February 2023 copy of *Viking*.

Bergen woman arrives at South Pole.

Hedvig Hjertaker of Bergen has become the youngest woman to ever ski alone to the South Pole. The 28-year-old adventurer arrived at her goal after 49 days trekking across the frozen continent.

Her manager Andre Fjærestrand Bratli confirmed her arrival to newspaper *Bergensavisen* shortly after 3am on Sunday Norwegian time. He reported that she was exhausted, hungry and suffering from some frostbite, but otherwise in "relatively good shape."



International Waffle Day Approaches

Waffles are a delicacy that are popular worldwide. In fact, there are countless types of waffles from different countries, and they are served in various ways. The origin of waffles dates to Ancient Greece and they are perhaps one of the oldest desserts in history. The country most known for waffles is Belgium; the Belgian waffle is a thicker version of an American waffle that includes yeasted batter to make it light and fluffy on the inside, while staying crispy on the outside.

Another country that shares Belgium's affinity for waffles is Norway. However, Norwegian *vafler* are thinner, softer, heart-shaped and include ingredients such as cardamom and sour cream. To add extra flavor, Norwegians are also known to add brunost—brown goat cheese—on top of their waffles for a sweet and savory combination.

What a perfect time to be dreaming of waffles, as International Waffle Day is coming up on March 25th. There is no doubt that Norwegians everywhere will be enjoying waffles on that day with their favorite toppings of cheese, jam, or sour cream. Join in with this delicious [recipe](#)!



Vaffelhjarter / Waffle Hearts

In North America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The *vafler* in Norway are served for dessert or as a snack, in heart-shaped sections. They are richer and softer than American waffles and are almost always homemade.

Ingredients:

- 6 eggs
- 1/2 cup sugar
- 1 tsp. ground cardamom
- 1 1/2 cup flour
- 1 tsp. baking powder
- pinch of salt
- 1 cup sour cream
- 1/2 cup melted butter
- 3 Tbsp. butter for waffle iron

Instructions:

Step 1

Mix eggs, sugar, and cardamom together in a big bowl.

Step 2

Add in flour, baking powder, and salt.

Step 3

Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.

Step 4

Heat up the waffle iron and brush some butter on the surface of the iron.

Step 5

Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.

Step 6

Remove waffle (watch out, it's hot!) and serve warm.

Step 7

Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!



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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NORWAY

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www.nansenlodgelongbeach.com

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