

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 95, Issue 6

May 2025

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Hello All,

It is time for our Syttende Mai Celebration. Bring any Norwegian flags you have for us to use during our parade.

We will also be celebrating Mother's Day too.

Also remember to bring your items to make up the packages for St. Luke's shower program. We will package them up and I will deliver them.

Our 95th Anniversary Celebration is June 14th just around the corner. Please RSVP to Troann (714)928-5975. Cost members \$20.00, non-members \$25.00. No tickets sold at event.

*Med vennlig hilsen, Best Regards,
Phebe*



**SONS of
NORWAY**

Our next meeting is on
Saturday May 10, 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!

**SYTTENDE MAI CELEBRATION
NORWEGIAN CONSTITUTION DAY**



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.

2025 Officers

President:	Phebe Fricioni	(562) 430-5092
Vice President:	Jessica Ansorge	(562) 252-6999
Treasurers:	Troann Loy	(714) 928-5975
Secretary:	Terry Lord	(714) 830-8647
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 928-5975
Cultural Director:	Troann Loy & Teresa Broadhead	(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:	Jeanne Paige Phil Peterson	(562)429-3093 (562) 429-3093
Marshall:	Steven Onorato	(562) 912-4160
Social Director:	Phebe Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Youth Director	Susan Ansorge	(562) 533-3132
Webmaster	Steven Onorato	(562)912-4160
Auditor:	Patricia Lampe	

Folk Art and More

It's time to start working on projects for the 2026 Folk Art Exhibition at the biennial District Six Lodge Meeting & Convention in June 2026. An 'Olaf' award will again be presented to a favorite digital/electronic program. So, start (or keep going) on your knitting, stitching, carving, weaving, painting, etc. or get creative with a digital program



Southern California Kretsstevne – SCK SAVE THE DATE OCTOBER 24-26, 2025

The Southern California Kretsstevne will again be held at Banning Stagecoach KOA Campground & RV Park. The campground is a short distance south of Hwy 10 in Banning 25 miles west of Palm Springs. The camp is on level ground at low elevation. A limited number of on-site bungalows will be available for rent. Bring your own RV or tent. Motels are nearby, as well. Southern California Kretsstevne is a weekend of Norwegian heritage and fellowship. All Sons of Norway members and guests are welcome. Activities may include heritage craft/art activities, a silent auction, a side tip, a cultural food demonstration, games, and music and singing. Join us for fun and fellowship. Check back here, in August 2025, for the registration form.

Camp Norge

Registrations are now being accepted for the Summer 2025 sessions of the District Six Language Camps, also known as Trollfjell Folkehøgskule and Camp Trollfjell. Trollfjell Folkehøgskule is for youth ages 14 to 17 and will run from June 29 through July 12, 2025.

Camp Trollfjell is for children ages 8 to 13 and will run from July 13 through July 26, 2025. These programs take place at our beautiful Camp Norge in Alta, California (<https://www.campnorge.org/site/>).

You can find more information and register on our website here: <https://sofn6.org/arv/>

Jason Morken & Rebekah Strand, Camp Directors

Sons of Norway District Six Language and Heritage Camps, camp.director@sofn6.org
Best regards, Bruce Fihe 831-316-4889

#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 ○ **CONGRATULATIONS Grandma Teresa Broadhead!!!** Please welcome her beautiful grand-daughter **Flowen Meadow**. ○ If you like reading, you might want to join the Sons of Norway Book Club for enjoyment and friendship. ○ Please let Jessica know if you are working on a **Cultural Pin** so we can order the pins ahead of time. ○ **Today's 50/50 of \$38** will be shared with **Terry Lord**. **Terry has donated her share back to our lodge. THANK YOU!** ○ 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 **95TH Anniversary!!! WOW!** Please **R.S.V.P. by May 31st** 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

A Bit of Humor:

Ole walked up to the hot dog stand at the circus and ordered a hot dog from the bottom of the pile. "No problem" said the vender, "but how com?" "Vell," said Ole, "I'm always for the da underdog."

Ole and Sven decided to drive from Crosby to New York City. They are afraid of the gas shortage, so they took two cars!

After 25 years Ole finally made the trip back to the old country. When he got to the family cabin, he was surprised to see all five of his brothers wearing beards down past their knees. "Vell, vat's da big idea?" he asked. "Vell, Ole, ven yew left 25 years ago, yew took da razor!"

MEMBERSHIP DUES:

Single Membership is \$84.00

Family Membership is \$144.00

www.nansenlodgelongbeach.com

Check out our website. . .

We have a website for the Lodge.

Kalendaren – Calendar



MAY

10 – Lodge Meeting

11 – Mother's Day

17 – Armed Forces Day

26 – Memorial Day

June

14 – 95th Anniversary Celebration

15 – Father's Day

19 – Juneteenth

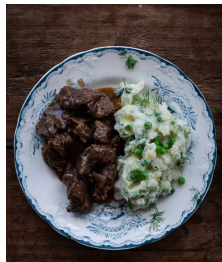
20 – First Day of Summer

This Month's Birthdays. . . Gratulerer Med Dagen



May

9 – Phebe Fricioni



**Sosekjøtt &
Spring
Mashed
Potatoes**

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.

Go Paperless

Try our new paperless option!

Convenient and flexible, this option lets you find the information you need on a mobile device, iPad or computer. Snowbird? Going paperless allows you to easily access your member account anytime, anywhere. Receive faster updates by visiting apps.sofn.com/service1/portal and updating your preferences to paperless!



[Help Sons of Norway Go Paperless!](#)
[Click here to choose your preferences](#)

Sosekjøtt & Spring Mashed Potatoes

As winter fades into spring, temperatures start to rise, and outdoor activity increases, try this delicious, hearty dish that is sure to fill you up.

Recipe source: <https://northwildkitchen.com/sosekjott-spring-mashed-potatoes/>

(Serves 4-6) Ingredients

For the sosekjøtt:

- 2.2 pounds (1 kg) chuck steak or shoulder steak (høyyrygg/bog)
- 3 Tbsp. butter, for frying
- 1 large onion, cut into thin wedges
- 6 Tbsp. butter
- 5 Tbsp. flour
- 4 cups (1 liter) beef stock
- 1 bay leaf
- Salt and pepper

For the spring mashed potatoes:

- 1 1/2 pounds (about 700 g) starchy potatoes, peeled and cut in half
- 3 Tbsp. lightly salted butter
- 1 cup (240 ml) milk
- Salt and pepper, to taste
- 1 cup (150 g) green peas
- 1 bunch dill, chopped
- 2 spring onions, chopped

Directions:

To make the stew, start by cutting the meat into large chunks, about 1 1/2 inches (4 cm). Season well with salt and pepper.

In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling. Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary). Transfer the meat to a large plate and set aside.

In the same pot, add the 6 tablespoons of butter and melt over medium-high heat. Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.

Add in the browned meat, onion wedges, and bay leaf. Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender. Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly. Remove from the heat.

While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife. Drain the potatoes and return them to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy. Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.

Library Investment

In 2021, an International Reading Literacy Study was conducted with 65 countries participating around the world. When the results were published last year, it found that Norwegian youth's reading levels declined from the previous measurements in 2016 and ranked 18th overall. Of the more than 7,000 students tested, it was 10-year-olds that had the largest decline of all the Nordic countries. The survey found that of those children tested, one in five fell at or below reading mastery levels for their age.

The results of the survey have led the Norwegian government to get involved. To turn this concerning trend around, they are investing 25 million kroner (\$2.36 million US Dollars) into school libraries. In particular, they are focusing on libraries in areas with poorer living conditions. The funds will help increase library hours, give children access to more books, and encourage reading for pleasure. The initiative will also promote libraries as safe and inclusive social gathering spots for youth.

Researchers are unsure what has led to the drop in scores. They theorize that the drastic increase in streaming and electronics plays a role and that possibly, the Covid pandemic and the push to digital learning played a part as well. This library investment is part of the Norwegian government's larger reading strategy initiative to set a better reading culture across the country.



Anne-Cath. Vestly: The children's spokesperson who reinvigorated Norwegian children's literature

Anne-Cath. Vestly's big breakthrough came with her book about Ole Aleksander Filibom-bom-bom in 1953. Through the 50 books she wrote up to 2004, she introduced new perspectives on children, childhood, family and social life.

Researcher Agnes-Margrethe Bjorvand at the University of Agder (UiA) believes Anne-Cath. Vestly is still relevant.

Children should be both heard and seen

Bjorvand says that Vestly's books are best suited for the age group of four to seven. Children like to read about someone who is the same age as or a little older than themselves, says Bjorvand.

What is new in Anne-Cath. Vestly's view of children and childhood?

Bjorvand goes on to say that in Vestly's books, children are taken seriously. Children are an important part of society and democracy. They are given responsibility, they are listened to, and they are recognized. Children are seen as equal to adults.

"All the books are about being human, a person who learns to interact with those around them. The books are based on values such as community, respect for other people, equality and the fact that everyone deserves a second chance."

Vestly was more than an author

You write that Vestly is the "queen of Norwegian children's literature. What does that really mean?

"She wrote and told stories for children for over 50 years. She helped to boost children's literature after the Second World War. Anne-Cath. Vestly was also much more than an author. She was a cultural figure and an authority to be listened to."

If parents and grandparents today want to read Vestly books to their children, where should they start?

"Start with the books you yourself have liked. Adults become better communicators if we ourselves like the book we read aloud. It may also be a good idea to choose a series that has a main character who is about the same age as the person you are reading to."

The researcher recommends choosing the books about Ole Aleksander or Little Brother for 4-5-year-olds and Guro or Aurora for 6-7-year-olds. All Norwegian children should be introduced to, for example, Little Brother and Knerten and Grandma and the Eight Children.



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.



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