

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 94 , Issue 3

MAY/JUNE 2024

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

We are going to have a busy two months.

We will be celebrating Syttende Mai, Norway's constitution day, at our May Lodge meeting. We will have hot dogs and ice cream supplied the board. Please bring any extras. Salad, Chips, etc.

We have signed up to make dinner at Ronald McDonald House on May 6, 2024 – Meet at 3:30 p.m. to start cooking.

We will be serving Shepard's pie, salad & individually wrapped desserts. Any Questions call me at cell # (562) 340-8647.

At our June meeting we will be celebrating our 94th anniversary.

The board will be providing the food. We will be recognizing anniversaries and more.

Bring a story to share about the lodge. Who first met you and made you feel welcome. Why did you come? What do you like about the lodge? Etc.? Just a short story.

*Med vennlig hilsen, Best Regards,
Phebe*



**SONS of
NORWAY**

Our next meeting is on
Saturday May 11, 2024
at 12:00 pm This will be our Syttende Mai

Celebration 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!*

THE JUNE LODGE MEETING IS ON

Saturday June 8, 2024

The Board will bring the food.

Our 94th Anniversary is on June 5, 2024



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) 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 Fricioni	(562) 430-5092
Trustee:	Cleone Hatwan	(562) 633-6752
Auditor:	Patricia Lampe	



Membership Benefit – Life Insurance

Have you ever typed "affordable life insurance" into your browser, only to find yourself drowning in information overload? The sheer volume seems insurmountable and overwhelming.

As a Sons of Norway member, you don't have to navigate this maze alone. Membership comes with the invaluable benefit of access to a dedicated Insurance Professional. They can help you decipher the complexities of financial options and find a solution tailored to your needs and those of your family.

Don't waste precious time sifting through endless search results on Google. Instead, take advantage of this membership perk and call us to get in touch with a professional in your area. Find an agent near you at www.sofn.com in the Financial Products section.

From a proud Norwegian...



**#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 4/13/24**

1 gathered before 10:00 / 4 more gathered before 11:00 / most gathered before 12:00 / opened at 12:05 / called to order @ 12:07 / concluded approx. 1:55 / then cleanup



I. **Springtime in Norway** - This month we are celebrating Spring with Easter plaid tablecloths and place settings, beautiful flowers from Phebe's garden, and wooden rabbit centerpieces.

Velkommen New Guests

A warm and inviting welcome to Bette and Valerie Japello!!!!!! We are sooo **EXCITED** you are with us today! With our wonderful members & guests, we are 23 strong today. **Yipppee!!!!**

Blessing & Lunch

- After citing the Norwegian blessing, we headed to the lunch tables filled with potluck items. Green & fruit salads, ham, chicken, gravy & biscuits, lasagna, mac & cheese, & gnocchi. The dessert table was filled with an array of cookies, cakes, apple pie, oranges, and jammed filled tarts. **So Yummy!**



- **Birthdays for April – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Cleone Hatwan, Barbara Shepard, Loyd Wilcox and Little Miss Scarlett Ansorge!**

Opening of Meeting

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

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

- Today's language lesson was focused on today's program. Words like Spania (Spain), Frankrike (France), Russland (Russia), Italia (Italy), Elver (rivers), Kanaler (channels), Bater (boats), Koloni (colony).

Today's program – "The Viking Tours" – hosted by Phebe, Jessica, John & Sylvi, Martha, and Steve

- Spain - the Vikings raided the Iberian peninsula around 844. Every year, on the first Sunday in August, replicas of an 11th century Viking longboat sail up the river Ulla to the town of Catoria in northern Spain. After the re-enacted battle, both victors and Vikings share a traditional lunch of mussels and octopus, and perform the *verbena*, a traditional Galician dance.
- France – The Vikings had a significant influence on France, especially in the region of Normandy, which is named after them (land of the Northmen). Their presence also led to changes in defense strategies, taking 10 years to build coastal protection.
- Russia – The Vikings came as traders to Russia. They set up trading posts and bartered walrus tusk ivory, wood, honey, furs, and slaves captured in the Russian forests. They traded with Muslim traders for silks, spices and gems from the Orient and Africa.
- Italy – The Norman conquest of southern Italy and Sicily reigned for about 200 years.
- Byzantine Empire – The silver coins minted by Abbasid Caliphate that sprawled the Middle East were prized by the Vikings, as they were used for trade in Eastern Europe.

Today's announcements

- **THANK YOU to our members** for your **dedication and service** in setting up the room, meeting preparations and the wonderful meals you bring! **We could not run or enjoy this lodge without YOU!**
- **Today's 50/50 total is \$48. And the winner is Bette Japello!!! \$24 will go to the Sons Scholarship program and \$24 will go to Bette!!! CONGRATULATIONS**
- Our next meeting is 5/11/24 and will celebrate Syttende Mai. A new dance will be introduced, and the board will serve hot dogs and ice cream. Wear your Viking dresses, bunads, or sweater and come celebrate Constitution Day.
- Our lodge will be hosting a dinner at the Ronald McDonald House **May 6, 2024 @ 6:00 p.m.** Teresa B motioned for \$150 be provided by our lodge fund to help pay for the food. Loyd Wilcox second the motion. All are in favor.

Troann's message closed the meeting with "May Peace and Harmony prevail throughout the lodge".

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

The football coach was really feeling down because his team was losing. He looked down the bench of substitutes and yelled, "Ok, Ole, go in there and get ferocious!" "OK, coach," said Ole excitedly. "Vat's his umber?!!!"

Ole left his home in a small North Dakota town for his first visit to Chicago. He picked up the obituaries. As he read he scratched his head and muttered, "Vell, dat's strange." The second day in Chicago, he picked up the newspaper and after reading the obituary page, he exclaimed, "Vell, it's amazing! All people in Chicago die alphabetically!"

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



MAY

- 11 – Lodge Meeting
- 12 – Mother's Day
- 17 - Syttende Mai
- 18 – Armed Forces Day
- 27 – Memorial Day

JUNE

- 6 – D-Day
- 8 – Lodge Meeting
- 16 – Father's Day

This Month's Birthdays. . . Gratulerer Med Dagen



MAY

- 9 – Phebe Frizioni
- 16 – Judy Ordal

JUNE

- 15 – Pat Lampe
- 23 -Susan Ansorge
- 30 – Laura Innes

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.

Camp Announcement Believe it or not, it's time to start thinking about camp. Save these dates, and get ready to have some much-needed summer fun! Trollfjell Folkehøgskule (ages 14-17) - June 30 to July 13 Camp Trollfjell (ages 8-13) - July 14 to July 27 All children and youth in the proper age range with an interest in Norwegian culture and language are welcome to attend the District Six Language and Heritage Camp at Camp Norge in Alta, California. Check out the "Youth" tab at www.sofn6.org/arv for additional information.



Kvikklunsj with Apples and Mascarpone Cream

Why not add another excuse to the list to eat a delicious Kvikklunsj?
by Tina Nordström

Kvikklunsj is just about as Norwegian as you can get, and very popular after skiing trips and hikes in the mountains.

There are many national versions of Kvikklunsj all over the world. Not exactly the same, but the American version is called KitKat.

Serves 4

INGREDIENTS:

3 apples, peeled and coarsely chopped
2 lemons
4 Tbsp. powdered sugar
1 tsp. ground cardamom
3/4 cup or 2 dl mascarpone
4 KitKats (4 Kvikklunsj), coarsely chopped

PREPARATION:

- Put the apples in a saucepan with 2 Tbsp. powdered sugar, cardamom and the juice from the two lemons. Bring to the boil with the lid on and allow it to simmer for 2-3 minutes. Mash the compote using a whisk and cool.
- Whisk the mascarpone and 2 Tbsp. powdered sugar together.
- Serve the apple compote and mascarpone cream topped with the coarsely chopped KitKat (Kvikklunsj).



Sewing Start-up Makes Folk Costumes Accessible and Green

Norwegian bunads are famously a major investment that can run from \$3,000-\$5,000, depending on the region and what extent of silver jewelry is involved.

Thanks to a sewing start-up called Fæbrik, showing your fashion sense and cultural pride just got a lot more accessible. According to flokke.com, the group was born out of necessity- four friends, Jenny Skavlan, Ingrid Bergtun, Mari Norden, and Ingrid Vik Lysne needed a studio space, and once they were in the same room, the ideas started to flow.

The foursome got to work making accessible patterns to help people sew their own festdrakt (or unofficial folk costume) out of recycled fabrics. The beauty of the fæstdrakt is that it is based on re-use, and there are no rules, unlike the stricter requirements of an official bunad. *Continue . .*

Do you prefer to wear fuchsia? Tassels and pompoms? Your fæstdrakt can be made in any hue, pattern or texture to suit your personal style and shape.

Just like that, a pair of lace curtains gain new life as an apron, and a hand-stitched pillowcase is reimagined as a vest. The group has hosted fæstdrakt parades in Oslo's Frogner Park- see the photos in [Aftenposten](https://aftenposten) in the pattern for the myriad ways to express one's creativity in this modern take on a folk costume. Find examples of patterns here:

<https://faebrik.no/products/faestdrakt>





Long Beach, CA
Established – June 5th, 1930

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.



NORWEGIAN CONSTITUTION DAY

"SYTTENDE MAI"



**SONS of
NORWAY**

Fridtjof Nansen #6-009 Long Beach, CA

www.nansenlodgelongbeach.com

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