

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 93, 11 Issue

November & December, 2023

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Jessica, Troann and I went to Camp Norge to participate in Camp Oldfjeld. We had a great time. We learned some wonderful Norwegian crafts. Jessica and I got our first dancing cultural pin. Troann and I got our first Rosemaling pins too.

At the November meeting, we will be packing up the items for St. Lukes Episcopal Church shower program.

Let's do a cookie exchange at the December meeting! Bring 3 dozen of Norwegian cookies or your favorite cookies. You will be able to exchange them with the cookies your members bring.

*Med vennlig hilsen, Best Regards,
Phebe*



SONS OF NORWAY

Our next meeting is on

Saturday November 11, 2023

And then December 9, 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!

November Meeting

Will be a potluck, bring your yummys! We will package up the items for St. Lukes, shower program. We will go "back to your roots" with Ginny Wilcox

December Meeting

Board will provide lunch. We will be celebrating Christmas with decorating the tree, singing and dancing around the tree, with maybe a visit from Nisse

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
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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
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Auditor:	Patricia Lampe	



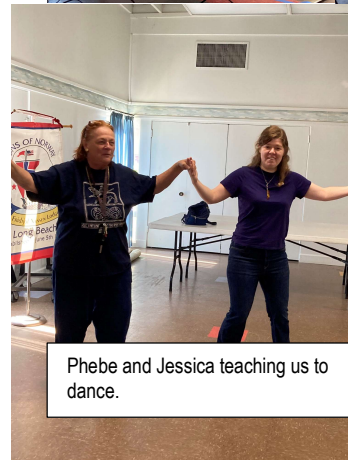
The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic countries, and to provide quality insurance and financial products to its members.

LODGE MEETING AND BIRTHDAY PARTY FOR FRIDJTOF NANSEN'S 162 TH BIRTHDAY.



Teresa telling us about Fridtjof Nansen.

Jessica shared about Camp Oldjelfd.



Phebe and Jessica teaching us to dance.



Eric Olsen prepared our Norwegian meal.



The Sons of Norway Convention is coming.
This year in Las Vegas.



**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 Viking Lodge # 152
and the District Six Board.**
Think if you would like to be a delegate
from
our lodge.

**#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 9/9/2023**

Many gathered at 11:00 to prep / most all gathered before 12:00 / started the meeting @12:10 / called to order @ 1:03 / concluded approx. 2:00

Welcome Back Norwegian Party - Høsttakkefest

THANK YOU Miss Phebe, along with our WONDERFUL MEMBERS for today's set up and prep boasting an autumn motif with bright colors.

VELKOMMEN

- **Our special guest today is Sarah Balto!!!** Sarah is from Karasjok, Norway. Karasjok is a municipality in Troms og Finnmark County, north of the arctic circle. Sarah's last name of Balto is descended from Samuel Balto – the Norwegian/Sami explorer and adventurer in Alaska, Greenland and Canada. **WOW!!** In 1888, Balto was recruited by Fridtjof Nansen for Nansen's Trans-Greenland Expedition. Balto participated in the first recorded crossing of the interior of Greenland, together with Nansen and four other expedition members.

- Sarah is attending school in San Diego and came to Long Beach to jet ski with her cousin Jessica Ansonge. **What a treat getting to meet her.** Sarah also mentions ANSA (Association of Norwegian Students Abroad) of Los Angeles. **GO Sarah!!!!**

Blessing & Lunch

- After our Norwegian prayer, today's menu was full of potluck items. Everything from salads (kale, fruit, potato), ham, potatoes, meats & cheeses, chicken, biscuits, and veggie souffle. Miss Sylvi made Rommegrot – Norwegian pudding. Delicious! Other dessert items were pumpkin pie & whip, cookies, or fruit. **Sooo Yummy!**

Opening of Meeting

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

GRATULERER MED DAGEN in September to Troann Loy & Alda Feder.  **Woo Hoo! Party like rockstars!**

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

- Today's language lesson focused on items at a farm, such as: farmer (bonde), produce (grøde), carrot (gulrot), potatoes (poteter), vegetables (grønnsaker), fruit (frukt), apples (epler), animals (dyr), & herder (gjeter).

Today's program "Kulning" or Calling the Cows Home - hosted by Terry Lord & Phil Knudsen

- **Kulning / Kulokk or herding calls** is a domestic Scandinavian music form, often used to call livestock (cows, goats, etc.) down from high mountain pastures where they have been grazing during the day. Pronounced 'coolning,' kulning is a contraction of the words 'Kuh' (cow) and 'lock' (to call or coax). Kulokk is said to be the oldest musical tradition in Norway, dating back to at least the Middle Ages. There are many samples in the Oslo and Valdres Folk Music Archives. Even Norwegian composer Edvard Grieg based a few of his classical music compositions for piano and for orchestra on kulokkers that he had heard. Who knew?
- Some of the singing is quite beautiful and relaxing. You can hear Kulning songs on utube – Jonna Jinton is one of my favorites. Some ancient calls can also be heard which has a little sharper tone.

Today's announcements

- **Today's 50/50 pot of \$33** will be shared with **K.J. Hutchinson**. **Woo hoo! Yummy nourishment for his piggy bank! 😊**
- **Las Vegas Convention** - We are starting to work on our Norwegian flag bookmarks as lodge gifts. Get your needle points ready! We need to make 125 bookmarks and are well on our way. Contact Troann, Ginnie or Terry if you would like to help out. Do you have **Norwegian Folk Art or Handicraft** you would like to display at the convention? If yes, we would love to take it with us!
- **Remember to save your pennies for Camp Norge and pop tops for Ronald McDonald's House.**
- **We are also starting to collect "shower day" items** for the homeless at **St. Lukes Episcopal Church**. Things like sewing kits, socks, soap, shampoo, lotion, toothpaste, toothbrushes, or other toiletries are always a hit.
- **Our next meeting is 10/14/23.** The program will be **Fridtjof Nansen's Birthday** hosted by **Teresa Broadhead**. **And Erik Olsen** will prepare a wonderful meal for our lodge.
- **Phebe** closes the meeting with the following message **"May Peace and Harmony prevail throughout the lodge."**

Respectfully submitted: Terry Lord – Secretary

Minutes from our Lodge Meeting

Fridtjof Nansen Minutes 10/14/2023]

We walked into a meeting room festively decorated in a birthday theme. Phebe greeted everyone and told us we were celebrating the birthday of Fridtjof Nansen. We enjoyed a gourmet lunch prepared by Chef Eric who has made wonderful meals for us previously. We recited the table prayer and then were treated to a shrimp salad, green salad, potato salad, an assortment of seasonal berries, salmon, cod, quiche, potatoes, rolls and many desserts. Such a sumptuous meal.

Jessica regaled us with her exciting and interesting experiences at Camp Norge. Her enthusiasm was contagious, and she could be a spokesperson for the camp. She passed around samples of her crafts. She said there was an abundance of food, conversation, arts and crafts in a beautiful setting. Jessica and Phebe performed a folk dance that we will all be learning and doing at our Christmas meeting. They assured all of us, especially we reluctant dancers, that it was simple and easy to learn and anyone can do it!

Theresa passed around handouts about Fridtjof Nansen and his adventures. She reminded us that folks seem to want to rewrite history now a days and to always do our research, spell check and fact check. The information she provided was very interesting and an excellent insight into the man for whom our lodge is named. His bunad was blue with wildflowers worn with a white shirt. He was buried on Syttende Mai.

Now the meeting was called to order by Phebe. She told us Troann was on a cruise with her knitting group. She also told us Terry had fallen and broken her wrist. We wish Troann a great voyage and Terry a rapid healing with minimal discomfort.. She introduced John who presented our language lesson which consisted of words that may have applied to the needs and conditions that Nansen encountered. He generously gave us all an A. Ginny told us a little about genealogy and will be doing a presentation at our next meeting. She gave us handouts to bring to the next meeting with as much about our family history as we could provide.

We did our Pledge of Allegiance and sang the three anthems.

John announced several events that will be coming to the Seaman's Church in San Pedro in November and encouraged us all to attend as there was much to be enjoyed, purchased and consumed. Phebe asked for more donations for St. Luck's ministry for the less fortunate. Black socks for men are especially needed as well as toiletries. We will be packing bags at an upcoming meeting as we did last year. This is a very worthy outreach. Our pint-sized guest, Kenneth, did the honor of drawing the tickets for the two drawings. Susan won the 50/50 - \$30.00 for her and \$30.00 for the lodge. Laura won the donated prizes. As always, it was a great meeting with lots of wonderful food, stimulating conversations, things to do and look forward to and fellowship with one another.

Respectfully submitted by
Barbara Shepard - Interim Secretary

A Bit of Humor:

Ole went car shopping and was determined to get a fast sports car, dispel those rumors that he was getting old. After much searching and negotiating, he drove out of the dealership in a brand new Corvette convertible. Taking off down the road, he pushed it to 80 mph, enjoying the wind blowing through what little gray hair he had left. Amazing, he thought as he flew down the 405 fwy, pushing the pedal even more. Looking in his rear-view mirror, he saw a CHP behind him, lights flashing and siren blaring. He floored it to 100 mph, then 110 mph, and then to 120 mph. Suddenly he thought, "What am I doing? I'm too old for this." He pulled over and waited for the officer to arrive. Pulling in behind him, the officer walked up to the Corvette, looked at his watch, and said, "Sir, my shift ends in 30 minutes and today is Friday. If you can give me a reason for speeding that I've not heard before, I'll let you go." Ole paused for a brief moment and replied, "Years ago, my wife Lena ran off with a CHP officer. I thought you were bringing her back." "Have a good day, sir," replied the officer.

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 number?"

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



NOVEMBER

- 5 – Daylight Saving Time Ends
- 10 – Veterans Day
- 11 – Lodge Meeting
- 23 – Thanksgiving Day

DECEMBER

- 9 – Lodge Meeting
Christmas Party
- 25 – Christmas Day
- 31 – New Year's Eve

This Month's Birthdays. . . Gratulerer Med Dagen



November

- 20 – Philip Peterson

December

- 2 – Ginny Wilcox
- 5 – Johan Olsen
- 18 – Joan McKinney



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.



DISTRICT SIX CONVENTION - June 20-24, 2024, 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 Viking 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.

WE WILL BE SING OUR WASH DAY SONG AROUND THE CHRISTMAS TREE.

You can practice before the December meeting.

**This is the way we wash our clothes
Wash our clothes
Wash our clothes**

**This is the way we wash our clothes
So early Monday morning**

**This is the way we iron our clothes
Iron our clothes
Iron our clothes**

**This is the way we iron our clothes
So early Tuesday morning**

**This is the way we mend our clothes
Mend our clothes
Mend our clothes**

**This is the way we mend our clothes
So early Wednesday morning**

**This is the way we sweep the floor
Sweep the floor
Sweep the floor**

**This is the way we sweep the floor
So early Thursday morning**

**This is the way we scrub the floor
Scrub the floor
Scrub the floor**

**This is the way we scrub the floor
So early Friday morning**

**This is the way we bake our bread
Bake our bread
Bake our bread**

**This is the way we bake our bread
So early Saturday morning**

**This is the way we get dressed up,
Get dressed up,
Get dressed up**

**This is the way we get dressed up,
So early Sunday morning**



Julebasar / Norwegian Christmas Market

Friday, November 10 – Sunday, November 19, 2023

Norwegian Church, San Pedro



Once again, the annual Norwegian Christmas Fair, or *Julebasar*, at the Norwegian Church will be a multi-day event. Mark your calendars for **Friday, November 10, – Sunday, November 19, 2023**. The church will be turned into a huge Christmas shop with baked goods, Norwegian groceries, Christmas goods, and much more. They guarantee a true Christmas atmosphere and a great experience!



With its rosemaling design in the Valdres style, this elegant ornament will be a treasured addition to your holiday decor. Packaged in a full-color gift box containing a Christmas greeting from Sons of Norway and an informative description of the Valdres style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do.

ORDER TODAY before they are gone!

**YOUR CREDIT CARD WILL REFLECT
PHUSION LLC - NOT SONS OF NORWAY**

****** Additional Information ALL
ORDERS MUST BE PLACED ONLINE -
WE DO NOT ACCEPT PHONE ORDERS**

Price Includes: Full Color Imprinted Gift Box -
(Maximum Order Quantity Is 10 Ornaments) \$22.00

Info@phusonprint.com (612) 386-2619



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

Pull Tops for Ronald McDonald House: Please continue to collect your pull tops off your food canned items and drink items. Just bring them to the lodge meeting and I will drop them off at Ronald McDonald House.



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.





**SONS OF
NORWAY**

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