

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 95 , Issue 9

October 2025

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

Welcome fall!

Thank you, Jessica, for a great program on Restauration sailing at October meeting.

Please bring your slightly used shoes and soaks for a Long Beach charity.

Thank you, Steve for working on our website. Check it out.

Also at our October meeting we will have the members who went to Camp Oldfeld share about their crafting at Camp Norge.

Med vennlig hilsen, Best Regards, Phebe



**SONS of
NORWAY**

Our next meeting is on
Saturday October 11, 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!

Program: by Teresa Broadhead on Norwegian Enesco
World Heritage Sights

Potluck

A-G Main Dish H-O Dessert P-Z Salad



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) 963-4830
Secretary:	Terry Lord	(714) 830-8647
Membership Secretary:	Ginnie Wilcox	(562) 596-5616
Editor:	Troann M. Loy	(714) 963-4830
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	
Auditor:	Patricia Lampe	

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.

Tusen Takk to Steve Onorato for keeping
our
website running.

““October is the month for painted leaves. Their rich glow now flashes round the world. As fruits and leaves and the day itself acquire a bright tint just before they fall, so the year near its setting. October is its sunset sky; November the later twilight.” –
Henry David Thoreau

Best in the World Chocolate lovers can celebrate a new winner declared during the International Chocolate Awards in the dark chocolate category. The top prize went to Vigdis Rosenkilde, a Norwegian chocolate maker for her 70% cacao Quellouno bar. She splits her time between Norway and Peru, where she sources the heirloom variety of cacao from a family farm. The combination of high altitude and other factors give the beans a unique flavor that varies a bit each harvest. The award-winning chocolate only has two ingredients – cacao and sugar; but the process of making each batch is complex. Rosenkilde's bar was judged alongside many other submissions and part of the International Institute of Chocolate Tasting competition, in which more than 50 judges select winners in various categories. By the end of the competition, four final winners were declared, including the dark chocolate Quelluono bar. The artisan credits letting the cacao speak for itself with its unique and complex flavor profile that included berries, pecans, cream, port wine, and hints of other fruits. Source: This Is the Best Dark Chocolate in the World

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 2/8/25

A few came at 10:30 / most gathered before 12:00 / started @ 12:05 / called to order @ 1:00 / concluded @ 2:25 / **29 strong**



FEBRUARY IN NORWAY

Not surprisingly, February is one of the coldest months of Norway's calendar year where the temperatures range between 20-30 degrees Fahrenheit, but the days get noticeably longer. Whether you are attending the Ice Music Fest, Sami Week of reindeer racing, the Polar Jazz Fest or taking in the slaloms at the Birken Skifest, your heart will be warmed with a nice cup of Scandinavian Gløgg and the friendly companionship of Norway's people.

Velkommen Special Guests A HUGE warm and inviting welcome to **Bette & Valerie Iapello, Mary Kelly, Abigale & Kaitlyn McKinney**, our District Secretary & member of Solस्कinn Lodge – **Nancy Madson**, along with Vice President & Cultural Director - **Judy Immel & David Endo** of the Solbakken Lodge!!! **We are so excited to see you two months in a row, whilst hosting our wonderful monthly programs.**

Blessing & Lunch

- After our Norwegian blessing, our lunch today was a potluck boasted green, fruit, & potato salads, cukes, beets, chicken nuggets, roasted chicken, mac & cheese, red cabbage & apples, bow-tie pasta, hot dogs, sandwiches, potato & cheese casserole, and hamburger & potato casserole. The dessert table had an array of cookies, breads, and our freshly made vafers, with lingonberry jam & whip cream. **Deliciousssss**

Opening of Meeting



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

Birthdays for February – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Phil Knudsen, Jeannie Paige, Al Dimas & Heidi Ansonge! We sang a shortened version of the Norwegian Happy Birthday song. **So Fun!**

Language Lesson – there was no lesson today, but **Nancy Madson** did share information about the **District Six Sponsored Camps at Camp Norge. Language & Heritage summer camps** for kids and teens **starting June 29 and run through July 26.** There will also be **Adult Camp** starting Sept. 20 – 23. **Hope to see you there!!!**

Today's program was Felted Hearts - Hosted by Judy Immel ○ We had so much fun today making felted hearts, and **Judy** is such a great teacher!! Here is some of our handy work:



THANK YOU JUDY!!!!



New positions – THANK YOU to all members that have accepted a lodge position this year! Vice President–Jessica Ansonge; Cultural Director–Troann Loy; Cultural Asst–Teresa Broadhead; Sports & Rec. Director–Valerie Sparr; Publicity Director–Jessica A.; Foundation Director–Barbara Shepard; Marshall & Webmaster–Steve Onorato; Trustee–Cleone Hatwan; Youth Director–Susan Ansonge.

Today's announcements ○ **THANK YOU Phil Knudsen** for your never-ending support in operating our meeting media!

- **Nancy Madson** mentions that the **Color Coded Kloster blocks for Hardanger crosses** can be found on the internet. ○ **Norwegian calendars are now on sale for \$10.** Please see Troann if you would like one. ○ **Today's 50/50 pot of \$30** will be shared with **Judy Immel.** **Congratulations Judy!** ○ Our next meeting is **3/8/25.** Our program is **"Games"** hosted by **Jessica.** **Woo hoo!**
- Our lodge will be hosting a dinner at the **Ronald McDonald's House 3/21/25.** We need to be there at **3:00 p.m.** to cook and prepare the meals. So far, Phebe, Troann, Jessica, & Lynn will be helping.
- Please start collecting for our **St. Lukes Homeless** donations and bring everything to our May meeting for packing and distribution.
- **SAVE THE DATE – JUNE 14, 2025** from **12:00 to 3:00** – we will be celebrating our **95th Anniversary!!!** Please **R.S.V.P. by May 31st.** 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. **Please reserve or buy your seat by giving your money to Troann or call 714.963.4830.** ○ Do you want to meet in **July or August** for a **Paint & Sip party?** We will ask our teacher for fjord samples.

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

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Ole and Lena were attending Lena's high school reunion. Ole noticed Lena continually staring at a drunken man swigging his drink as he sat alone at a nearby table. Ole asked, "Do you know him?" "Yes", sighed Lena. "He was my boyfriend throughout high school. I understand he took to drinking right after we split up these many years ago and hasn't been sober since." "My God!" exclaimed Ole, "Who would think a person could go on celebrating that long?"

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Kalendaren – Calendar



October

11 – Lodge Meeting

13 – Columbus Day

November

2 – Daylight Saving Time Ends

4 – Election Day

8 – Lodge Meeting

11- Veterans Day

27 -Thanksgiving Day

This Month's Birthdays. . . Gratulerer Med Dagen



October

9- Lief Erickson Day

10- Fridtjof Nansen

1- Darlene Letnes

10- Susan Segelhorst

21- Shelly Hamagishi

23-Betsy Anson

27- Alexander Hamagishi

24 – Drossy Tuggle

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.

Right on Time

Oslo's airport, Gardermoen, has received some impressive accolades recently, when it was named the world's most punctual airport. Aviation analytics company Cirium reviewed their data for a month and found that 91% of all departures left on time. It's not the first time that

the airport has scored high for excellence and reliability as they scored in the top 10 world-wide for the previous year.

Excellence is not only limited to airport operations but extends to a couple of Norwegian carriers as well. Scandinavian Airlines (SAS) was ranked at the world's most punctual airline,

and Norwegian Airlines ranked fourth among European carriers.

The airport is proud of their accomplishment and director of operations Thorgerir

Landevaag, credits the dedication and professionalism of every worker. They also self-monitor and regularly calculate their On-Time Performance for flights and have it listed

on their website for customers to see. The airport places importance on delivering punctual service to the approximately 25 million customers that travel through each year.

Sources:

- Oslo Airport most punctual airport in the world | The Avinor Group
- Oslo Airport named world's most punctual

Grant and scholarship applications open

October 1 It's time once again to open the applications for grants and scholarships. As of October 1, you will be able to apply for the grants and/or scholarships that the Sons of Norway Foundation offers. You can visit the "Foundation" tab of sofn.com to learn more.

The Foundation's grant program is a great way to add programming to your lodge's lineup or secure funding for an update or a repair to your lodge or meeting space. The

Together We Are the Future campaign returns October 1 through January 15. This special annual fundraising campaign has raised over \$615,000 to bring grants and scholarships to life. Thank you in advance for your support! Visit sofn.com/foundation to learn more.

World's Best Chocolate Mousse

Time to make: 60 min Chill time: 3 hours or overnight
Makes 5 portions Note: eggs should be brought to room temperature before making this dessert. Make the mousse: Chop the chocolate and melt it in a bowl over a water bath with simmering water, not boiling. Turn off the heat and let the chocolate melt slowly. Beat room-temperature egg yolks and 100 grams of sugar until white and fluffy for about 8 –10 minutes until it forms a thick foam. Beat room-temperature egg whites stiff in another bowl with 20 grams of sugar to create a chewy meringue. First fold 1/3 of the egg yolk mixture into the chocolate and distribute well with a whisk. Then add the rest of the egg yolk mixture and fold together with a spatula. Then fold the stiffly beaten egg whites into the mousse and make sure everything is distributed well. Flavor with rum, whiskey or cognac if desired. Carefully pour the chocolate mousse into a piping bag and pipe the mousse into small bowls, glasses or similar that hold approximately 2 – 2.5 dl. The mousse can also be spooned or poured directly into the bowls. Refrigerate the chocolate mousse for at least three hours or overnight until the mousse has set. Make the chocolate straws - Chop the chocolate and melt it in a bowl over a bain-marie with simmering, not boiling, water. Turn off the heat and let the chocolate melt slowly. Spread the melted chocolate in a very thin layer with a metal spatula on the back of a baking sheet or a cold marble slab. Let the chocolate set, approximately 25 minutes, without it becoming hard. Scrape or pull the spatula in a 45-degree angle towards you, so that small tubes or shavings automatically roll up. Place them on baking paper on a plate and store them in the refrigerator until ready to use. Serving: Cut the blueberries in half and spread over the chocolate mousse. Garnish with lightly whipped cream, cocoa nibs and chocolate shavings. Source: <https://www.nrk.no/mat/verdens-beste-sjokolademousse-1.15749659>

Ingredients: For the mousse: • 130 g dark chocolate, 65% cocoa • 100 g egg yolks, room temperature • 120 g sugar • 160 g egg whites, room temperature Optional: 2 Tbsp. rum, whiskey or cognac For chocolate straws: • 100 g dark chocolate Additional garnish: • 120 g blueberries • 2.5 dl whipping cream • 4 Tbsp. cocoa nibs

Leif Erikson

Leif Erikson [Leiv Eiriksson] was a Norse explorer, known for the discovery of Vinland around the year 1000. Leif and his companions may thus have been the first Europeans to “discover” America. Leif was the son of the Norwegian-born Eirik Raude [Erik the Red] and his Icelandic wife Tjodhild. He grew up in Greenland. According to Erik the Red's saga, Leif Erikson sailed to Norway in 999. Here he was baptized and commissioned to introduce Christianity to Greenland. His father is said to have refused to accept the new faith, while his mother was baptized and built the first Greenlandic church. We do not know for sure when Leif died. He is last mentioned alive in 1019, and was probably dead before 1025, because according to the Fostbrødrene saga, his son Torkell had by then become chieftain in Eiriksfiord and lived on Brattalid. The Vinland Expedition According to Erik the Red's saga, Leif went off course on his way home to Greenland from Norway in 999 and discovered a land with self-sown wheat fields and vines (Vinland). In Grønlandingen saga, however, it is said that Leif's discovery of Vinland was the result of a planned expedition. A Norse settlement was found in the 1960s at L'Anse aux Meadows, on the northern tip of Newfoundland in Canada. This has been interpreted as the Vinland of the sagas. If Vinland refers to a land where wine grapes grow, the latter option is most likely. The memory of Leif's voyage to Vinland The memory of Leif Erikson and the significance of his discovery were seriously raised at the end of the 19th century. At the World's Fair in Chicago in 1893, which was dedicated to the 400th anniversary of Christopher Columbus' first voyage to America, Christian Krohg's painting of Leif Erikson was sent from Norway, and the ship Viking, a copy of the Gokstad ship, was taken by Magnus Andersen across the Atlantic to Chicago and became the subject of great attention.

In 1964, US President Lyndon B. Johnson proclaimed October 9 as an official national day of remembrance in memory of Leif Erikson's discovery. The date of Leif's arrival in Vinland is not specified in the sagas, but it is said to have been in the autumn. October 9 was chosen because the Norwegian emigrant ship Restaurationen arrived in New York on this date in 1825.



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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Southern California Kretsstevne

October 24 – 26, 2025

Southern California 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. All Sons of Norway members and guests are welcome. There will be heritage craft/art activities, silent auction, a side trip, cultural food demonstration, games and music. Call Nancy Madison for camp lodging and for registration information (760) 238-8819 or e-mail: norsknm@gmail.com.



Happy Halloween

NOVEMBER MEETING
SATURDAY NOVEMBER 8, 2025

LEARN TO FINGER KNIT WITH JESSICA AND SUSAN
GENTLEMEN THERE WILL AN ALTERNATE PROJECT.



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www.nansenlodgelongbeach.com
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