

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 95 , Issue 10

November 2025

"2021 Sixth District Small Lodge of the Year"

Ord Fra Presidenten...

We want to thank Teresa Broadhead for her program one Ebsco Site world Heritage. Bring your pattern back and get a prize.

We must elect new Lodge officers. We are asking if you are interested in a position let Phebe know and we will have you shadow that position.

Steve O. has been working hard on our website check it out.
www.nansenlodgelongbeach.com.

We will have Jessica sharing about her trip to Camp Oldfeld. And Terry and Jessica will teach us a new dance steps.

*Med vennlig hilsen, Best Regards,
Phebe*



**SONS of
NORWAY**

Our next meeting is on
Saturday, November 8, 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 will be finger knitting or alternate for
men. taught by Jessica A.**

POTLUCK LUNCH

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



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
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Scandinavian immigrants popularized this distinctive brewing method in certain parts of the United States, and it remains a regional favorite to this day. The egg does not flavor the coffee but instead clarifies it by filtering out bitterness and impurities. The result is an unusually smooth and mild brew.

Want to learn more about the science, history and recent revival of egg coffee? Check out [this article from Eater](#).

Recipe source: [Eater.com](#)

Let's Plan for the Future

As a CERTIFIED FINANCIAL PLANNER™
I work with Sons of Norway members to help plan for the important things in life.

Call me for a free consultation.

Fred Hymans, CFP®
Financial Benefits Counselor
(916) 333-2086
fred@EFSplanning.com
CA Ins. Lic.#0D55562



**SONS of
NORWAY**



Norwegian egg coffee

I. Ingredients

5 Tbsp. coffee (medium grind works best)

1 egg

II. Instructions

Beat egg in a small bowl with a fork. Add coffee grounds and mix until you have a sludge.

Bring 7 cups of water to a boil in a large coffee pot or saucepan. Add coffee/egg mixture. Continue boiling until the foam disappears – about 3 minutes. Remove from heat.

Add 1 cup of cold water to the coffee pot.

This will help settle the grounds.

Pour coffee through a strainer to catch any loose grounds. Serve.

#6-009 - Fridtjof Nansen Lodge
Sons of Norway Lodge Meeting 10/11/25

5 at 10:30 / most before 12 / opened @ 12:20 / called to order @ 1:05 / concluded @ 2:15 / **20 strong** / cleanup

III. **Velkommen** New Guests

- o A warm and inviting welcome to **Sherril Hoppe**, and Rick Lord!!!! Along with returning guest **Andrea Thomas!!!** We are sooo **EXCITED you are with us today!**

Blessing & Lunch

- o After citing the Norwegian blessing, we headed to the lunch tables filled with lots of goodies. Potato, green & broccoli salads, sliced turkey, roasted chicken, corn on the cob, cucumbers, egg bake, mac & cheese, sautéed veggies, fruit salads, & potatoes. The dessert table was filled with chocolate trifle, spice cake, blueberry crisp, cookies, carrot cake, along with snacks. **So Yummy!**



Birthdays for October – GRATULERER MED DAGEN - HAPPY BIRTHDAY to Darleen Letnes, Kirsten Roberts, Susan Segelhorst, Shelly & Alex Hamagishi, Betsy Ansorge, & Drossy Tuggle.

Opening of Meeting

- o The meeting was opened by reciting the Pledge of Allegiance, and singing the Norwegian National Anthem, Oh Canada, and the Star-Spangled Banner.

Language Lesson – THANK YOU John & Sylvi Olsen. We are so lucky to have you! ☺

- o Today's language lesson was focused on manners & yummy treats. Words like Takk for Maten (Thank You for the food), Velbekomme (You are welcome), Kjeks (Biscuit), Kake (Cake), Smakaker (Cookie), Mel (Flour), Melk (Milk), Gjaer (Yeast), Sukker (Sugar), Vaffel (Waffles), & Lefse (Lefse).

Today's program – "Norwegian Unesco World Heritage Sites" hosted by Teresa Broadhead

- o Teresa covered the Norwegian World Heritage Sites, such as: **1)** Urnes Stave Church dating back to the 12th century is the oldest Viking church still standing in its original location; **2)** Bryggen in Bergen known for its colorful 12th century wooden buildings and remains one of the most significant trading ports; **3)** Roros – a beautiful 17th century copper mining town; **4)** Rock Art of Alta dating back over 7,000 years and provides a glimpse into the lives of early hunter-gatherer societies in the Arctic; **5)** Vega Archipelago in the Helgeland region beholds 6,500 islands, inlets & reefs; **6)** Struve Geodetic Arc determines the exact size & shape of the planet; **7)** West Norwegian Fjords with their crystal clear waters, towering cliffs, cascading waterfalls and picturesque landscapes; **8)** and finally the Rjukan-Notodden Industrial hydroelectric power plant. **wow! 😊**

Today's announcements

- o **CONGRATULATIONS** to the Wilcox's as they have become **GREAT GRAND PARENTS!!! yippee**
- o **Please check out** our updated **Website!** Steve Onorato has been working hard to get our Lodge page up to date. Also, Steve would love to **post** any pictures, news or events you may want to share. 😊
- o **Our next Outreach** program will be collecting gently used shoes and new socks. The collection will be given to a non-profit in Long Beach. **Our lodge rocks!**
- o **Today's 50/50 total is \$37. And the winner is Teresa Lord!!! CONGRATULATIONS! Terry has donated her winnings back to the lodge! THANK YOU SO MUCH!!**
- o **Door prizes** were won by **Everyone who attended today.** 😊
- o **Terry shared** her experience at **Camp Norge** along with the items she made. A well-known Norwegian of the **Lake Tahoe area is Snowshoe Thompson** (Jon Torsteinson-Rue) who delivered mail for 20 years without pay! **Salute to you, Jon!**
- o We are **no longer collecting bottles and cans**, but please continue to recycle them.
- o The **Southern California Krestsstevne** in Banning will be held **October 24 – 26, 2025** at the **Banning Stagecoach KOA Campground & RV Park**. The camp is on level ground at low elevation. There is a limited number of on-site bungalows available for rent, or bring your own RV or tent. Motels are also located nearby.
- o Several members showed an interest in participating in a Wine & Paint party at the Wilcox's next summer.
- o **Our next meeting is 11/8/25, with Finger Knitted Leis hosted by Jessica.**

Troann's message to close the meeting **"May Peace and Harmony prevail throughout the lodge".**

Respectfully submitted: Terry Lord – Secretary

A Bit of Humor:

Lena and a Mrs. Johnson were stretched out on adjacent beds in a Red Cross blood center. The nurse congratulated Lena, a weary looking young housewife, on contributing her 10th pint of blood. "Do you come here often?" asked Mrs. Johnsen. "Vell, ya I do," replied Lena, "it's da only voluntary vork I know of dat I can do lying down.

"Do you know why Ole took a step ladder to the party? Because he heard the drinks were on the house.

IT WAS OLE'S BIRTHDAY AND LENA PRESENTED HIM WITH A BEAUTIFULLY WRAPPED GIFT.

"OLE, YOU'LL NEVER KNOW VAT I VENT TROUGH TO BUY YEW YER BIRTHDAY PRESENT, " LENA SAID "COME ON, LENA TELL ME," BEGGED OLE.

"OKAY," LENA REPLIED. "YOUR POCKETS.

"Poor Hilda lay dying. "Promise me vunting," she pleaded with her husband Sven, "For da funeral you'll ride in da car vit my mama." "Vell okay," said Sven, "but it vill ruin my whole day!"

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.

Kalendaren – Calendar



November

2 – Daylight Saving Time Ends

4 – Election Day

8 – Lodge Meeting

11- Veterans Day

27 -Thanksgiving Day

December

7 – PEARL HARBOR DAY

25 – Christmas Day

This Month's Birthdays. . . Gratulerer Med Dagen



November:

4 - Steve Hatwan

20 - Philip Peterson

23 - SigridBerg

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.

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2025 Sons of Norway Christmas Ornament



Show your Norwegian pride this holiday season by adding the 2025 Sons of Norway commemorative ornament to your Christmas traditions. With its Telemark-style design, this elegant ornament will be a treasured addition to your holiday decor.

Packaged in a silver-stamped gift box containing a Christmas greeting from Sons of Norway and an informative description of the Telemark style of rosemaling, this ornament is a unique gift for someone who enjoys their Norwegian heritage as much as you do. This limited-edition ornament is bound to sell out quickly, so order yours now! This special keepsake is only \$25 plus tax, shipping and handl ***** 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

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E-mail: info@phusionprint.com

H.R.H. Crown Prince Haakon Visits Decorah on October 6!

We are excited to welcome His Royal Highness Crown Prince Haakon of Norway to Decorah!

Everyone is invited to join the celebration at Vesterheim from 10:00 a.m. to 1:00 p.m. with a short ceremony and ribbon cutting around 11:15 a.m.

There will be musical performances, folk art demonstrations, special exhibits, free museum admission, and *lefse* and ice cream.

The ceremony will feature remarks from His Royal Highness Crown Prince Haakon and a ribbon cutting for The Royal Family Samlingshall in Hanson Vesterheim Commons, the large gathering room on the main floor that is being dedicated to the Norwegian Royal Family.

Visitors can gather around Vesterheim campus to welcome His Royal Highness Crown Prince Haakon! Small Norwegian flags will be available to wave.

Please note that there is a lot of road construction currently in Decorah. [View this map](#) for road closure and parking information in downtown Decorah.

This will be a memorable day of celebration as we commemorate the 200th Anniversary of Norwegian emigration and honor the deep cultural, historical, and educational connections shared between Norway and the Norwegian-American community. [Find out more about this history here.](#)

Since 1966, the Sons of Norway Foundation has provided assistance to lodges, members, organizations and students to promote and preserve Norwegian culture and heritage and provide higher education and humanitarian aid across the country and the world.

We are excited to announce a membership-wide fundraising campaign called ***“Together We Are The Future.”***

You have an opportunity to be a part of this exciting campaign and ensure that we can continue to support your lodge and community and provide educational opportunities for members, their children and grandchildren.

While we can talk about numbers all day, the impact of your donations is what is most important:

- Scholarship recipients not only have their financial burdens eased, but they also enjoy life-changing experiences in Norway and around the world;
- Members who receive grants from the Humanitarian Fund receive critical support following natural disasters and medical crises;
- Grant recipients are able to share their culture and heritage through engaging events and programs and, in turn, recruit new members and create friends and community recognition.

At the [Sons of Norway Foundation](#), our mission is to celebrate Nordic culture and heritage through scholarships and grants to our members and communities. *We hope that you will join us in this mission.* Remember, **“Together We Are The Future.”**



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

The mission of the District Six Board of Directors is to inspire the preservation of Norwegian heritage; provide information on the Financial, Fraternal, and Foundation programs of Sons of Norway; and to support District Six lodges and members through communications, program resources, and opportunities.



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