

Sons of Norway

Fridtjof Nansen Lodge #6-009 Long Beach, California

NANSEN NEWS



Volume 83, Issue 1

January 2013

Ord Fra Presidenten...

Well here we are starting a New Year. My question is what happened to 2012?

Anyway I am excited about our coming year. We are planning a year full of fun, educational programs learning more about being a Norwegian. Let me know what you want us to do this coming year.

Join us at the January 12th Lodge meeting as your officers get installed. Meet our Zone Director Jo Ness.

We have an opportunity to meet with Solbakken lodge at our Lodge twice this year to have skill classes, more in future newsletters.

We are starting to plan the April Open House. Let me know how you will be involved.

We lost Russell Johansen he was a special person to our lodge and will be missed. See article about him in this newsletter. Our thoughts and prayers are with his family,

Ga i fred (Go in peace) – Troann

HAPPY NEW YEAR



SONS OF NORWAY

Our next meeting is on Saturday,

January 12 at 12:30 pm at:

Christ Lutheran Church
6500 Stearns Avenue
Long Beach, CA 90815

Ample parking is available.

Our telephone number is (562) 437-5160.

Note: We do not meet in July or August.

Join us for our next event, on
January 12 at **12:30 pm**. We will be
having the installation of officers by
Zone Director Jo Ness.
Luncheon will be served...



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.

Kalendaren. . .

January :

1 – New Year's Day

12 – Installation of Officers

21 – Martin Luther King Jr. Day

February:

9 - Lodge Meeting –

Norwegian Cookie Exchange

March:

9 – Workshop with Solbakken Lodge

More details in the next newsletter.

April

13 – Norwegian Open House

This Month's Birthdays. . .



January

10 – Erin Flair

18 – Reg Johnsen

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. The Holts will be collecting your pennies every month.



Helping you find the path to a secure financial future

In a world of uncertainties, Sons of Norway is there to help you secure your financial future.

This year, Sons of Norway has launched a couple of great new products so call our **Financial Benefit Counselor Pat Kelly** for a complementary financial review.

Phone: 818-988-7199

Cell: 818-667-6627

Fax: 818-905-5785

Minutes from our Lodge Meeting

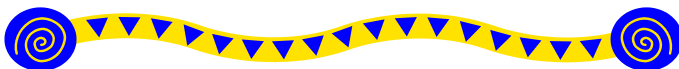
FRIDTJOF NANSEN LODGE # 6-009

Minutes - December 8, 2012

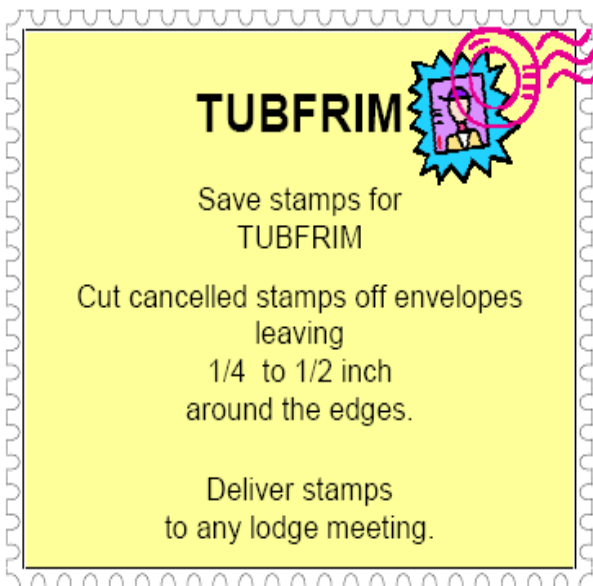
Prior to the meeting we enjoyed a Christmas luncheon provided by various members of the lodge. Several guests joined us for the festivities. We were treated to live entertainment by Tanya who played Christmas songs on the piano while we set up and welcomed everyone.

Actual meeting began at 1:30 singing the three national anthems and the Pledge of Allegiance. Jeanne announced that Russell Johansen had passed away on Thanksgiving. His memorial was held on 12/10. Judy Bohlen is home and doing well. Idell McDonough was hospitalized over night to regulate and stabilize her iron count. Thea Kalthoff's memorial will be on 12/30. Dee Ronning will be 95 on 12/14 and was presented with a cake and everyone singing Happy Birthday to her.

Dee's word of the day: **If you find yourself in a hole, stop digging!**



Bring your clipped stamps to our next Lodge meeting. Cleone is collecting them for us.



November minutes and treasurer's report were accepted and approved as presented.

Offices approved for 2013 are: Troann Loy ~ President, Vanessa Lion ~ Vice President, Barbara Shepard ~ Secretary, Phebe Fricioni ~ Treasurer and Cleone Hatwan ~ Membership. A big thank you to all of the present officers who have agreed to continue on.

The next Board meeting and regular meeting will be on January 12, 2013 at 11:00AM.

Troann announced that Solbakken Lodge has offered to join our lodge for craft meetings. They will include Rosemaling and wood carving. These will be good times to enjoy our Norwegian heritage.

Following the meeting we enjoyed a program about Santa Lucia featuring Jessica Lion along with 5 of her friends as they paraded around the tables singing carols. Everyone joined in the singing as we celebrated this special season. Then they collected all the donated canned goods and placed them under the Christmas tree. These will be distributed to the Salvation Army and Lutheran Social Services.

Respectfully submitted,
Barbara Shepard ~ Secretary

2013 Officers

President:	Troann M. Loy	(714) 963-4830
Vice President:	Vanessa Lion	(949) 310-6063
Treasurer	Phebe Fricioni	(562) 430-5092
Secretary:	Barbara Shepard	(714) 962-5857
Membership Secretary:	Cleone Hatwan	(562) 633-6752
Editor:	Troann M. Loy	(714) 963-4830
Cultural Director	Dee Ronning	(562) 490-0801
Historian	Dee Ronning	(562) 490-0801
Musician:	Judy Bohlen	
Counselor:	Herman Holt	(562) 429-7638
Greeter:	Jeanne Holt	
Marshall:	Phillip Knudsen	(562) 424-1384
Social Director:	Vacant	
Trustees:	Dee Ronning	(562) 490-0801
	Herman Holt	
Auditor:	Patricia Lampe	

A Bit of Humor. . .

Ole, Sven and Lars die in a tragic Lutefisk accident. They are met by God on the stairway to heaven. God says, "There are 3,000 steps to heaven. It's very serious up there. I'll tell you a joke on each 1,000th step you reach. If you laugh you go to hell."

So they start walking and reach to the first 1,000th step. God tells a joke, Lars laughs out loud and goes straight to hell. Ole and Sven look at each other nervously.

On the 2,000th step God tells another joke, Sven tries his best but laughs and goes to straight to hell.

On the 3,000th step God tells the last and best joke, Ole doesn't laugh and proceeds to the gate.

Suddenly, Ole bursts out laughing hysterically. God asks, "What are you laughing about?"

Ole replies, "Oh dat's funny. I yust got da first yoke!".

A Norwegian, a Swede and a Dane made a bet about who could stay the longest in a stinky pig barn. They all went in at the same time. After only two minutes the Dane came running out. Five minutes later the Swede stumbled out the door. After ten minutes, all the pigs ran out. Ole called the airlines information desk and inquired, "How long does it take ta fly from Minneapolis to Fargo?" "Just a minute," said the busy clerk.

"Vell, said Ole, "if it has to go dat fast, I tink I'll yust take da bus."

Save Christmas Cards stamps . . .

Don't forget to save the canceled stamps from you Christmas cards trim them and bring them to Cleone Hatwan at our next Lodge meeting.



Norway to Raise Taxes in 2013

Despite the challenging global economy today it is safe to say that Norway is continuing to do very well. Norway's Minister

of Finance, Sigbjørn Johnsen states that "The Norwegian economy continues to perform well" during the recent release of

Norway's 2013 annual budget proposal. There are a number of tax increases for 2013 on popular items including cars, alcohol

and oil including some items that may surprise you. "Low interest rates, high income growth and high oil prices have fuelled

the economy", Sigbjørn stated.

Norway's extremely high taxes may seem foreign to some other nations, but it is done with a social purpose, to reduce heavy

consumption of products detrimental to people's health and the environment. For example, taxes will be raised on registration

fees for new cars that output an excessive amount of carbon dioxide and nitrogen oxide into the environment. Carbonated

drinks, like soda and flavored water will increase 7.4%. Foods containing sugar, including chocolate will rise almost 2%.

Cigarettes and snuff will increase about 2% and beer drinkers will see a 1.9% increase on their drink of choice.

Norway also stays focused on protecting their internal economic development by keeping Norwegian-made products on

their supermarket shelves. For this reason taxes on imported products have been raised. For example, in order to save the

local Norwegian farmers from going out of business tax increases on dairy imports that compete with Norway's Jarlsberg and

Norvegia cheeses will be put in place starting in 2013. These tax increases support and protect Norway for the long run.

*Wishing you and your family a Healthy,
Happy New Year!*

New Year's Resolutions – Are They Silly or Valuable?

There's a lot of eternal optimism in New Year's resolutions. We set off once more with renewed hopefulness and confidence in our own skill and willpower.

New Year's Eve and New Year's Day are great times to start fresh and incorporate new habits into our everyday rituals. Promises are more official in terms of the New Year. On New Year's Eve, we can easily put the past behind us, what has been done has been done, and we look forward to the new.

The most common resolutions are:

- Quit smoking
- Start exercising
- Be nicer
- Eat Healthier

All these are great New Year's resolutions, but it is also certainly possible to find something fun and original too.

How to keep your New Year's resolutions?

It is often said that most New Year's resolutions go down the drain pretty quickly. This can often be due to lack of planning and motivation.

Making a New Year's resolution is easy, keeping it is much harder. If you really want to maintain your New Year's resolutions you should prepare yourself and get ready in advance.

Tips that make it easier to keep your resolutions.

- 1: Make a proper plan with specific goals.
- 2: Give yourself a reward after you each objective is met.
- 3: Tell people about your New Year's resolutions, the obligation to uphold them is much stronger.
- 4: Think positive - write down a list of all the benefits you get by maintaining your New Year's resolutions. Look at the list often and have fun!

Good luck and Happy New Year!

<http://www.aktivioslo.no/guide/nyttar/nyttarsforsett.html>

www.fridtjofnansenlodge.com

Check out our website. . .

We have a website for the Lodge.

Tusen Takk to Roni Lion for keeping our
website running.

Baked Apples with Cardamom

- light molasses or syrup
- 1½ tsp cardamom, ground
- 5 graham crackers, crushed
- ¼ cup butter
- 2 tbsp muscovado sugar
or substitute a dark, coarse
brown sugar
- 8 apples (similarly sized)

Pre-heat oven to 350°F. Wash and core apples. Melt butter and mix in a bowl with crushed graham crackers, sugar and cardamom. Place cored apples in a baking dish and fill evenly with cracker mixture. (For easier clean up, line baking dish with foil) Top apples with light molasses or syrup and bake for 10-15 minutes. Cooking time will vary based on the size of apples. Apples are finished when soft to the touch, but not mushy.

